

**DOMESTIC COOKERY**  
**in an**  
**English Kitchen**

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BY THEODORA FITZGIBBON



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## **C O N T E N T S**

<b>Soups .....</b>	<b>3</b>
<b>Egg and Luncheon Dishes.....</b>	<b>13</b>
<b>Fish .....</b>	<b>27</b>
<b>A Chinese Meal.....</b>	<b>43</b>
<b>Meat .....</b>	<b>51</b>
<b>Poultry and Game .....</b>	<b>79</b>
<b>Vegetables .....</b>	<b>93</b>
<b>Sauces .....</b>	<b>113</b>
<b>Miscellany .....</b>	<b>127</b>
<b>Index.....</b>	<b>135</b>



## INTRODUCTION

Before I try to force my way into your kitchen and tell you how to cook, I think I should explain why I am so impertinent as to do so, or rather what my purpose is in writing this book.

I have lived a considerable amount abroad and, like my husband, enjoy eating well. When, three years ago, we decided to return to England that part of my heart which is the cook's sank. I had heard such awful stories about the "impossibility" of managing on the rations. Furthermore we are not rich—I suppose I spend about £20 a month on food—so that luxurious extras are almost always out of the question. An added difficulty is that the nature of my husband's work keeps him at home, so that he does not get his midday meals elsewhere. When we lived in London we ate occasionally in a restaurant or with friends, but in the country we manage entirely on the food available in the shops and are also able to entertain friends for the weekend. It is not easy, but it is not by any means impossible. This book is in no way comprehensive, but consists of the ordinary meals which I cook from day to day. The recipes are largely my own adaptation of meals I have eaten in France, Italy, Spain, Germany, Russia, Sweden, America, China, Japan and India. It is frequently said that the English show no "imagination" in their cooking. I do not know what this phrase means. The French, the Italians, the Germans and the others cook the way they have been taught to cook by their mothers. Just as the English used to do—roasts and steaks and Lancashire hot-pots and the rest of it. Now old-fashioned English cooking, and delicious it was too, is finished, probably for a very long time. And nothing is more pathetic, or indeed more wasteful, than to attempt to treat a piece of meat the size of a spectacle case as though it were a sirloin. It is quite possible to prepare the food that is available in other ways, in foreign ways mostly, but adjusted to what might roughly be described as the English palate. There are plenty of books which will tell you how to cook octopus or beef steaks

or other such exotic delicacies. There is none, so far as I know, that tells you how to cook what is actually available in various styles. That is what I have tried to do in this book.

#### KITCHEN MANAGEMENT

Now first I should like to say a word about the kitchen itself. There are two aspects to this, the practical and the pleasing. Have you ever noticed how even the best cook is not as efficient when cooking in a strange kitchen as in her own? Try even poaching an egg for a sick friend and you will find perhaps that it breaks because you cannot find the egg-slice. It is very important that your equipment be readily available and kept so that you can lay your hand on it instinctively. This goes for all those little things in jars and empty biscuit tins, spices, herbs, dried peas and so on, which should all be correctly labelled and near at hand. Some women, I know, seem to regard it almost as a point of honour that the sugar be kept in the box marked washing-soda and vice versa. This is no doubt quite all right provided you yourself are actually cooking. But you too might be sick one day.

In this connection it is wise, before starting a meal, to see that you have everything that you will need ready on your kitchen table. A soufflé will never turn out well if you have to leave it to separate the whites from the yolks. A couple of minutes spent on making your preparations can save a great deal of time and headache when actually cooking.

The layout of a kitchen is usually beyond most people's control, but this I would urge: if you have any say in the matter never have your oven opposite or beside an outside door. A gust of cold air will ruin even the most carefully prepared pastry. If you cook on gas it is also wise to make sure that it is not located where draughts can get at it, for when you are cooking on a low flame this can easily be blown out altogether.

Finally, I would say a word about the appearance of your kitchen. Most women spend a great deal of time in theirs. There is no reason why it should not be a pleasant and even a comfortable room. In Anacapri, where I lived for some time, I hated cooking because the kitchen was an icy dungeon in



winter and just a dungeon in summer. Besides, if your kitchen is a comparatively pleasant place, you will find it far easier to get your husband, guests, relations and so on to do the washing up.

About your equipment, your *batterie de cuisine*, I have very little to say. I cook with the normal pots and pans, all bought from an ordinary ironmonger's, though I also use several earthenware casseroles, in varying sizes. These are easily obtainable today at any good shop. But I would urge you to get, if you have not already got, a pressure cooker. A number of gourmets despise this invaluable invention, chiefly, I imagine, because it was not used in France two hundred years ago. And, indeed, it is not possible to cook anything like as much in them as the manufacturers allege. But for certain dishes, particularly soups and stews, they are invaluable. Since the food is sealed, the final product is superior in richness to what can be done in an ordinary saucepan, and the economy in time and fuel is of course enormous. A pressure cooker pays for itself in a very short time with gas and electricity as expensive as they are. Incidentally, I have found it advisable when making soups in a pressure cooker to let the soup get cold and then to reheat it. In this book I shall mark any recipe which I think is improved by being cooked in a pressure cooker.

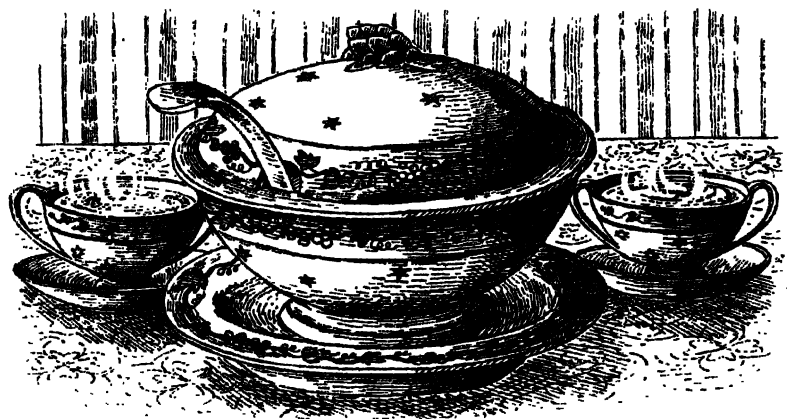
## MARKETING

The buying of food in England today is really a personal problem. If you live in the country you can probably get all the eggs you need and fresh vegetables. If you live in a city you have a wider choice of fish and extras. It's six of one and half a dozen of the other. The only thing I should urge you to do is to visit the shops as frequently as you can and not to rely too much on your telephone. Butchers are touchy and sentimental people. They'll give their kidneys and livers to the lady they know and like. I have also found it quite a good plan, when you have several ration cards, to deal with more than one tradesman, since that way you have a certain choice, but on the other hand your butcher may be upset if you patronise another. I seldom use my ration books for a small roast, I

prefer to have two lots of fresh meat on different days. Meanwhile for such foreign delicacies as I occasionally buy, I have given, with the recipes, the names of those shops in London which I have by experience found to be the best. For those who live too far to avail themselves of these shops personally, I feel sure that any of them would be glad to fill postal orders, if these items are not available in the locality.

To return to the food itself, I have found that many good cooks tend to spoil a meal by serving the wrong things together. A dinner consisting of the following was given me some time ago: a leek and potato soup with cream, followed by chicken and onions in a béchamel sauce, followed in turn by mousse covered in cream. All delicious separately and all practically tasteless together, to say nothing of the appearance three times of a great grey-white splodge. (For the colour and consistency of food is important too.) In this book, as I go along, I shall suggest things which I think complement each other.

And that is all. I hope you find this little book useful.



## **S O U P S**



# **S O U P S**

## **STOCK**

Stock is important in the making of soups. Brown stock is made from beef or beef bones. White stock is made from veal or veal bones, chicken or chicken bones, and pork or pork bones.

The bones should be boiled for 2 to 3 hours with seasonings and fresh herbs, left to get cold and the surface fat removed. (The best bones for stock making are shin of beef, marrow bones, knuckle of veal and pork chine.)

If no bones are available I have found the combination of 2 teaspoons of Marmite to a quart of boiling water an adequate substitute.

### **JELLIED CONSOMMÉ AND ASPIC JELLY\***

1 knuckle bone of veal and/or calf's	2 cloves garlic
foot and/or a pig's trotter, also	1 small onion
any other bones you may have,	thyme, tarragon, bayleaf
either meat or poultry	salt and pepper, white of egg,
1 glass white wine	sherry

\* If using a pressure cooker the cooking time is 30 minutes

Put bones into a large heavy saucepan, add the white wine, garlic, onion, herbs and seasoning. Cover with water, bring to the boil and remove any scum that collects on top. Simmer slowly for about 4 hours. Strain liquid into a basin and let it get cool. When it is jellied remove all fat from the surface. Reheat, adding the beaten white of an egg (this is to clarify the jelly) and a glass of sherry.

Bring this mixture to the boil and simmer for about 10 minutes. Strain jelly carefully through butter muslin.

Pork chine bones will jelly perfectly without the addition of cow heel or calf's foot. Use slightly less water when cooking them than you would use with the knuckle of veal recipe.

A substitute aspic or consommé can be got by using either tins of consommé soups, or jars of calf's-foot jelly. I do not advise the use of gelatine unless it is absolutely unavoidable.

I have found that goat's cream is perfectly satisfactory for use in soups or sauces requiring cream. If this is not available, the

top of the milk, Jersey is best, or unsweetened evaporated milk can be used. I think it is useful to bear in mind that a good substitute is far superior to ignoring the recipe because the original is not to hand.

Try on all occasions to use fresh herbs. If you have even the smallest corner of garden make your own herb bed. The Herb Farm Ltd, Seal, Sevenoaks, Kent, have a splendid catalogue which they send out on receipt of a 2d stamp. Most good green-grocers, however, now stock the commoner cut herbs.

#### FRENCH ONION SOUP\*

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 3 large onions                   | 1 quart meat stock or substitute |
| 1 tablespoon flour               | grated cheese                    |
| 1 tablespoon butter or margarine |                                  |

\* If using a pressure cooker the cooking time is 12 minutes

Melt the fat in a saucepan, and add the peeled sliced onions. Cook gently, stirring frequently until they are a nice golden brown. Stir in the flour and add pepper and salt to taste. Pour on the meat stock, and let the whole simmer for about  $\frac{1}{2}$  hour.

Before serving, toast on one side a piece of bread per person. Cover the untoasted side with grated cheese and pour the hot soup over. Each bowl may be placed under the grill if the cheese is preferred browned.

#### BLACK LENTIL SOUP†

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1½ cups dried black lentils ‡ | 1 tablespoon margarine or butter |
| 1 onion                       | 1½ quarts water or stock         |
| 1 rasher bacon                |                                  |

† For pressure cooking the time is 15 minutes

‡ Obtainable from Parnigiano Figlio Ltd, 43 Frith Street, London, W1

Wash lentils well. Soak overnight in water to cover. Melt butter in cooker, and add chopped bacon and sliced onion. Cook until golden brown. Add lentils and mix vigorously. Stir in flour and salt and pepper. Pour on the stock and simmer slowly for 3 to 4 hours, until lentils are tender.

## DRIED MUSHROOM SOUP

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 small packet dried mushrooms       | ½ cup evaporated milk or cream |
| 1 onion                              | 1 teaspoon Marmite             |
| stock from a marrow bone if possible | 1 tablespoon margarine         |

Soak mushrooms for 1 hour. Melt margarine in pan and add peeled sliced onion. Stir in the flour. Add soaked mushrooms and water they have been soaked in. Pour on the marrow bone and Marmite stock with the pieces of marrow in it. Cook slowly for 1 hour. Before serving add the evaporated milk or cream but do not boil up again.

## GREEN PEA SOUP\*

- |                          |                                 |
|--------------------------|---------------------------------|
| 1½ cups green split peas | Worcestershire sauce            |
| 1 tablespoon flour       | 1½ quarts of ham stock or water |
| 2 rashers bacon          | ½ cup evaporated milk or cream  |
| 1 tablespoon margarine   | salt and pepper                 |
| 1 onion                  |                                 |

\* For pressure cooking the time is 15 minutes

Wash peas and soak overnight in water to cover. Melt fat in saucepan and fry chopped bacon and onion until golden brown. Add flour and stir. Pour in split peas with stock and mix thoroughly. Add salt and pepper. Cook for 2 hours or until peas are tender. If the peas are the very hard kind put the soup through a sieve and return to saucepan. Add a dash of Worcestershire sauce. Before serving put the evaporated milk in but do not boil up again.

## TOMATO AND RICE SOUP†

- |                              |                        |
|------------------------------|------------------------|
| ½ tin tomato juice           | 1½ cups cooked rice    |
| 1½ pints stock or substitute | ½ glass cooking sherry |

† For pressure cooking the time is 1½ minutes

This is an excellent soup for an emergency as it is made in 10 minutes. Combine all ingredients except sherry and boil slowly for 10 minutes. Add sherry before serving.

## CREOLE SOUP

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 tablespoon chopped green peppers | 1 cup tomatoes (peeled)          |
| 1 tablespoon chopped onion         | 1 tablespoon bottled horseradish |
| 2 tablespoons margarine            | 1 pint brown stock or substitute |
| 2 tablespoons flour                |                                  |

Melt fat and cook peppers and onion for 5 minutes. Add flour, stock, tomatoes and seasoning and simmer 15 minutes. Just before serving add horseradish.

## BORTSCH

- |                              |  |
|------------------------------|--|
| 3 beetroots                  | head of celery                                   |
| 1 quart jellied stock (p. 3) | 1 cup sour cream or $\frac{1}{2}$ tin evaporated |
| 1 cup chopped cabbage        | milk and 1 lemon                                 |
| 2 onions                     |  |

Bake unpeeled beetroots in water for 3 hours. Peel and chop one of them but save the juice of all 3. Cook onions, celery and cabbage in the stock for about  $\frac{1}{2}$  hour. Add the juice of the beet and 1 beetroot mashed, heat, but do not boil, otherwise the colour will change to a dullish pinkish brown. If no sour cream is available, drip the juice of lemon into the evaporated milk and add to the soup. Very good chilled and eaten cold.

If fresh beetroot is not available a perfectly good bortsch can be made from tinned beetroot. Dilute 1 jar of calf's-foot jelly with an equal quantity of water and a small glass of sherry. Add 1 grated onion, a little chopped cabbage and cook for a few minutes. Add the beetroot juice, the equivalent of one mashed beetroot and the sour cream. Let it warm through but do not boil if you wish to preserve the colour. If eaten cold chopped chives on top are a good finish.

## VICHYSOISE SOUP

- |                         |                                    |
|-------------------------|------------------------------------|
| 4 leeks                 | 1 quart stock (chicken preferably) |
| 2 tablespoons margarine | 2 potatoes (large)                 |
| 1 onion                 | 1 cup evaporated milk or cream     |

Melt fat in saucepan, add leeks cut fine and minced onion. Cook slowly until tender, not brown. Add stock, potatoes sliced thin and seasoning and cook until potatoes are tender. Put



through a fine sieve. Just before serving stir in cream or evaporated milk.

Vichyssoise is very good chilled and eaten cold with a sprinkling of chopped chives.

#### POTATO WITH LOBSTER SOUP

- |   |                            |
|---|----------------------------|
| 1 small lobster or small tin of lobster | 1 tablespoon flour         |
| 4 potatoes                              | $\frac{1}{2}$ glass sherry |
| 1 pint milk                             | parsley                    |
| 2 slices onion                          | paprika pepper             |
| 3 tablespoons butter or margarine       | salt and pepper            |

Cook potatoes in boiling salted water; when soft rub through strainer. Scald milk with onion, remove onion, and add milk slowly to the potatoes, mixing with a whisk. Melt half the butter, add seasonings and stir well. Boil 1 minute. Add large chunks of lobster and the remaining butter. Allow the lobster to heat through. The addition of  $\frac{1}{2}$  glass sherry before serving improves the flavour. Sprinkle each bowl with chopped parsley and paprika pepper.

#### PUMPKIN SOUP\*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 slices pumpkin                  | 1 quart stock                   |
| 1 onion                           | $\frac{1}{2}$ teaspoon cinnamon |
| 2 tablespoons butter or margarine | $\frac{1}{2}$ pint milk         |
| 1 tablespoon flour                | salt and pepper                 |

\* For pressure cooking the time is 5 minutes

Peel and cut pumpkin into inch cubes. Melt fat in pan and fry lightly with the sliced onion. Add flour and stock and cook until pumpkin is tender. Season to taste. Rub through a strainer and return to saucepan. Add milk and cinnamon, stirring well.

#### PORK AND MUSHROOM SOUP†

- |  |                            |
|--|----------------------------|
| 2 lb pork chine bones or a small piece of pork | $\frac{1}{2}$ lb mushrooms |
| 1 onion  | 1 dessertspoon soy sauce ‡ |
|  | salt and pepper            |

† For pressure cooking of bones the time is 30 minutes

‡ Obtainable from the Bombay Emporium, 70 Grafton Way, London, W1

Cook chine bones with onion for 2 hours. Let stock jelly and remove fat from top. Strain stock and cook peeled and quartered mushrooms in it until mushrooms are tender. Add soy sauce, and, if you wish, half a tin of shrimps.

#### SANTAYANA'S GARLIC SOUP

I will give Mr Santayana's recipe in its entirety. *Persons and Places*, p. 19. (Constable 1944.)

For supper they had each a small bowl of garlic soup - something that my father loved in his old age, and that I also liked, especially if I might break a raw egg into it, as those twelve children were certainly never allowed to do. You fry some garlic in a pan with some olive oil; when crisp you remove the larger pieces of garlic, add hot water according to the size of the family, with thin little slices of bread, no matter how dry, *ad libitum*, and a little salt, and that is your supper.

#### BEETROOT CONSOMMÉ - ICED

Use same ingredients as for bortsch (p. 6), leaving out the cabbage and the sour cream. Strain the soup into a bowl and allow to set. Heap the jellied beetroot consommé into soup bowls and sprinkle with chopped chives and a trace of lemon juice.

#### CREAM OF CUCUMBER SOUP

2 cucumbers	1 slice onion
1 tablespoon butter or margarine	$\frac{1}{2}$ cup cream or evaporated milk
1 tablespoon flour	2 egg yolks
3 cups chicken stock or water	salt and pepper
1 cup milk	

Peel and slice cucumbers and remove seeds. Cook in butter 10 minutes, then add flour and stock. Scald milk with onion. Combine mixtures and rub through strainer. Reheat to boiling point and add cream and slightly beaten egg yolks but do not reboil. Season with salt and pepper.

## PEPPER POT\*

1 knuckle bone of veal	1 tablespoon butter or margarine
1 lb honeycomb tripe	thyme
1½ cups potato cubes	4 pints water
1 onion	2 sticks celery
3 peeled tomatoes	3 tablespoons flour
½ teaspoon peppercorns finely pounded	1 red pepper

\*For pressure cooking of bones the time is 30 minutes ; for tripe 20 minutes

Cook the knuckle bone in water with salt, onion, herbs and spices (tied in a piece of muslin) for 2 hours. Cut the tripe into thin strips and toss them lightly in melted butter. Add the flour and the stock and simmer until tripe is soft. Add the tomatoes, celery, red pepper, all chopped, and potato cubes and cook until they are done. Season well with salt and pepper. This soup can be made without the veal bone.

## FISH CHOWDER

3 lb cod or fresh haddock with head	herbs (lemon thyme, parsley)
1 lb diced potatoes	1 teaspoon tomato purée
3 peeled tomatoes	lemon juice
1 sliced onion	1 dessertspoon Worcestershire sauce
2 rashers bacon	½ cup cream cracker crumbs
½ glass sherry	

Order the fish skinned but head and tail left on. Cut off head and tail, and remove fish from backbone. Cut fish in 2 inch pieces and set aside. Put head, tail and bones in saucepan. Add 2 large cups of water and simmer gently for 15 minutes. Cut bacon in small pieces and fry until fat is out; in this cook the sliced onion and diced potato. Add 2 cups boiling water and the liquor strained from head and bones. Add the fish, tomatoes, herbs and tomato purée. Cover and simmer for 15 minutes. When done add the juice of 1 lemon, the sherry and the Worcestershire sauce. This soup should be very highly seasoned. Before serving sprinkle some cream cracker crumbs into each bowl.

## CLAM OR OYSTER CHOWDER

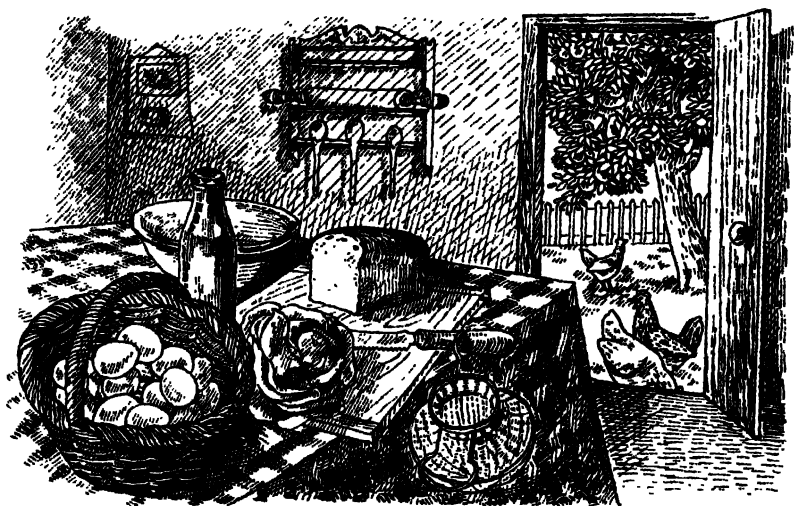
1 tin clams or oysters	4 cups milk
4 cups diced potatoes	3 tablespoons butter or margarine
3 rashers bacon	$\frac{3}{4}$ cup cream cracker crumbs
1 sliced onion	$\frac{1}{2}$ glass sherry
1 tablespoon flour	salt and pepper

Chop clams finely and reserve liquor. Cut bacon into small pieces and fry with sliced onion. Add diced potatoes and chopped clams, well seasoned, stir in flour and add  $2\frac{1}{2}$  cups boiling water. Cook 10 minutes, add milk and butter. At the last moment add clam liquor and sherry; heat but do not boil. Before serving sprinkle cracker crumbs into each bowl.

## SHRIMP OR CRAB BISQUE

1 pint fresh or tinned peeled shrimps or equivalent of crab	1 tablespoon flour
3 tablespoons butter or margarine	2 cups water
2 tablespoons chopped celery	2 cups evaporated milk or cream
$\frac{1}{4}$ lb chopped mushrooms	$\frac{1}{2}$ glass sherry or white wine
	salt and pepper

Melt butter, add seasonings, mushrooms and celery and toss lightly for 5 minutes. Stir in flour, add water and simmer 15 minutes. Add shrimps or crab and milk and cook very gently for 5 minutes. Season well. Before serving stir in wine or sherry. The yolks of 2 lightly beaten eggs may be added if desired, but in that event do not reboil.



**EGG AND LUNCHEON  
DISHES**

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# EGG AND LUNCHEON DISHES

## SPANISH EGGS WITH SPINACH

- |                         |  |
|-------------------------|--|
| 1 cup cooked spinach    | 1 tablespoon green pepper              |
| 3 eggs                  | 1 tablespoon cooked ham chopped finely |
| 3 tablespoons hot water |  |
| 1 tablespoon red pepper | 1½ tablespoons olive oil               |
|                         | salt and pepper                        |

Beat eggs very lightly. Add water, seasoning, peppers and ham. Heat omelette pan with olive oil and pour in mixture. As it cooks, lift with spatula letting uncooked part run underneath until whole is of creamy consistency. Brown for a moment under the grill. Serve on layer of spinach. Garnish with chopped chives and parsley.

## CHEESE SOUFFLÉ

- |                    |                                    |
|--------------------|------------------------------------|
| 4 eggs             | 1 tablespoon butter                |
| 1 tablespoon flour | 2 heaped tablespoons grated cheese |
| 1 cup hot milk     | salt and pepper                    |

Separate the whites from the yolks of eggs. Melt butter in saucepan and stir in flour. Add hot milk stirring constantly until mixture thickens. Take off stove. Add cheese, salt and pepper and mix well. Add lightly beaten egg yolks; return to very low fire and stir well. Allow mixture to get cold. Beat egg whites until stiff and add to mixture. Put in well-buttered oven dish and see that it is not more than two-thirds full to allow for rising. Bake in a moderate oven 35 minutes if soufflé is liked firm, or 25 minutes if preferred soft. The same ingredients, without cheese, are used for a spinach, fish, ham or chicken soufflé.

## JAPANESE LOBSTER OMELETTE

- |                                    |                       |
|------------------------------------|-----------------------|
| 1 dessertspoon butter or margarine | ½ teaspoon sugar      |
| 1 small onion                      | 1 teaspoon soy sauce* |
| 1 stalk celery                     | ½ cup diced lobster   |
| 2 tablespoons stock                | 2 eggs                |

\* See page 7, footnote 2.

## 14 COSMOPOLITAN COOKERY IN AN ENGLISH KITCHEN

Melt half the butter and cook sliced onion for 5 minutes. Add celery, thinly sliced crosswise, stock, sugar, soy sauce and lobster. Butter omelette pan, turn in the mixture, add eggs slightly beaten. Spread evenly, lift mixture with knife and cook until eggs are set.

This dish is equally good made with crab or prawns.

### SAVOY OMELETTE

- |                                   |  |
|-----------------------------------|--|
| 1 cup potato cubes                | 3 tablespoons grated cheese                |
| 2 tablespoons butter or margarine | 5 eggs                                     |
| 1 teaspoon onion juice            | $\frac{1}{2}$ cup cream or evaporated milk |
| $\frac{1}{2}$ cup boiled leeks    | salt and pepper                            |
| 1 tablespoon chopped parsley      |  |

Melt half the butter in pan, add diced potatoes, onion juice, salt and pepper and cook until potatoes are slightly browned. Cut white portion of leeks in thin slices crosswise.

Melt rest of butter in omelette pan, pour in eggs, unbeaten, to which have been added cream and seasoning. As mixture cooks, prick and pick up with fork. When half done add prepared potatoes, leeks and half the parsley. Continue cooking until of creamy consistency. Put cheese on top and place for a few moments under the grill.

Garnish with rest of parsley.

### EGGS AU BEURRE NOIR

- |                                   |                       |
|-----------------------------------|-----------------------|
| 2 eggs                            | 1 dessertspoon capers |
| 2 tablespoons butter or margarine | salt and pepper       |
| 1 tablespoon vinegar              |                       |

Butter individual egg cocotte dishes. Break 1 egg into each dish, sprinkle with salt and pepper. Bake in hot oven for 7 minutes. They can also be cooked on the hot plate, putting them under a slowish grill to cook the top.

In a saucepan heat the rest of the butter quickly until it is brown, add vinegar and capers. Pour over eggs before serving.



## STUFFED OR DEVILLED EGGS

- |  |                                    |
|--|------------------------------------|
| 6 hard boiled eggs                       | 1 teaspoon tomato purée            |
| 2 tablespoons melted butter or margarine | 1 teaspoon chopped parsley         |
|  | 1 teaspoon chopped chives          |
| 2 oz grated cheese                       | $\frac{1}{4}$ teaspoon dry mustard |
| 1 teaspoon Worcestershire sauce          | paprika pepper                     |

Cut hard boiled eggs lengthways. Remove yolks and put whites aside. Mash yolks, moisten with melted butter, and add rest of ingredients. Mix thoroughly. Shape and refill whites. Sprinkle tops with paprika pepper. Serve on a crisp bed of lettuce.

## ANCHOVY STUFFED EGGS

Season with anchovy paste to taste. Omit cheese and mustard.

## WITH CHICKEN OR HAM

To mashed yolks add finely chopped chicken or ham.

## EN GELÉE

Stuff eggs as in main recipe. If home-made jelly (p. 3) is not available take 1 jar calf's-foot jelly, add equal quantity of water and 1 tablespoon sherry. Boil some chopped mushrooms in the liquid until mushrooms are cooked. Arrange eggs in dish and when mixture is cool pour over the eggs. Chill.

## CURRIED EGGS

Hard boil as many eggs as are needed per person.

*Curry Sauce*

- |  |                               |
|--|-------------------------------|
| 1 onion  | 1 teaspoon marmalade          |
| 1 flat tablespoon curry paste (Halfords or Green Marsala)* | 1 tablespoon dripping or lard |
|  | 1 small apple (not essential) |
| 1 teaspoon sugar   | $1\frac{1}{2}$ cups water     |

Melt dripping in pan and fry sliced onion and apple. When browned add curry paste stirring well. Add water and allow to simmer for 1 minute. Stir in sugar and marmalade. Add eggs cut in half lengthways. Cook for 2 minutes. Serve with mango

\* See page 7, footnote 2.

chutney and poppadoms (obtainable at Bombay Emporium) on a bed of freshly boiled rice.

A word on the boiling of rice. Put the rice into boiling water and do not *overcook*. 15 minutes should be long enough, but try by tasting. Strain through a colander and rinse with cold water from the tap to remove starch. Shake well before serving. A little saffron or turmeric powder may be added to the water to colour the rice if liked.

### CRÊPES PARYSIS

#### *For Pancakes*

1 cup flour  
1 cup milk  
2 eggs  
salt

#### *For Filling*

6 oz thinly sliced cooked ham  
2 oz grated Parmesan cheese  
béchamel sauce (see p. 114)

*Pancakes.* Mix flour and salt, add milk and stir until perfectly smooth. Add eggs and beat thoroughly. Grease a small pan with a few drops of oil and pour in just enough batter to cover pan with a very thin layer. When cooked on one side toss or turn with slice and cook other side. Makes about 20 pancakes.

On very thin pancakes spread a thin slice of cooked ham. Sprinkle with grated Parmesan cheese, and cover with a rich béchamel sauce (p. 114). Roll up pancakes, place in flat baking dish, dot with butter and place in medium oven until hot.

These crêpes can be made at least an hour before eating, and heated in a warm oven.

### CRÔQUES MONSIEUR

1 egg  
slices of bread  
ham

butter or margarine  
grated cheese

Cut crusts off large slices of bread. Beat egg with a very little milk. Dip bread in mixture and fry in butter until brown. Put slices of ham on the bread and pile grated cheese on top. Brown under grill.

## POTATO GNOCCHIS

2 lb cold baked potatoes	2 tablespoons cheese (preferably
2 eggs	Parmesan)
1 slice boiled ham	flour
2 tablespoons butter or margarine	salt and pepper

Remove potatoes from their skins and mix in the chopped ham, salt to taste, cheese and the butter. Blend thoroughly. Beat the eggs and add to mixture, stirring well. When it is well mixed beat in sufficient flour to make a thick, malleable paste. Shape into tiny balls. Poach the gnocchis in salted boiling water until they rise to the top. Drain well and serve with a thick fresh tomato sauce (p. 123) and some grated Parmesan cheese.

## KEDGEREE

$\frac{1}{2}$ lb rice	1 smoked haddock
1 hard boiled egg	1 tablespoon cream or top milk
1 oz butter or margarine	pepper and salt
chives or parsley	

Cook rice in salted boiling water for 15 minutes. Strain and dry for a few moments. Poach haddock and hard boil egg. Remove all bones from the fish. Mix rice, chopped egg and fish together. Pour cream over and dot with butter. Sprinkle with chopped chives or parsley and bake in oven for 20 minutes. The kedgerree can be made some hours before baking.

## MOULDED SALMON, CUCUMBER SAUCE

2 cups salmon (fresh or tinned)	2 egg yolks
$1\frac{1}{2}$ tablespoons sugar	1 oz melted butter or margarine
$\frac{1}{2}$ tablespoon flour	$\frac{1}{2}$ cup milk
1 teaspoon mustard	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ tablespoon soaked gelatine or	2 tablespoons cold water
cup jellied fish stock	salt and pepper

Flake salmon. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add jellied fish stock or soaked gelatine. Strain and add to salmon. Chill and serve with cucumber sauce (p. 116).

## TUNA FISH WITH CUCUMBER AND CELERY

1 tin tuna fish	mayonnaise
1 head celery	paprika pepper
cucumber	

Tuna fish is much neglected in this country. Drain off oil from fish and flake. Chop celery thinly crosswise, peel cucumber and cut in small cubes. Mix with tuna fish. Add mayonnaise (p. 119) and mix well. Sprinkle with paprika. Tuna fish is also delicious grilled, and served with freshly boiled rice.

## TUNA FISH LOAF WITH CHEESE

1 tin tuna fish	1 tablespoon melted butter or
1½ cups grated cheese	margarine
1 egg well beaten	breadcrumbs
3 tablespoons milk	salt and pepper

Combine ingredients using enough crumbs to obtain a stiff mixture. Shape as a loaf in baking tin. Cover with buttered crumbs and bake in moderately hot oven until golden brown. Serve hot or cold. Equally good made with salmon.

## AVOCADO PEARS WITH TUNA FISH

avocado pears	oil and vinegar
1 tin tuna fish	salt and pepper
1 lemon	

Do not peel avocado pears. Cut in half lengthways, remove seed and run knife round the edge to loosen fruit from the skin. Fill with tuna fish and cover with a little oil, vinegar and lemon juice.

Alternatives to tuna fish are: crab, chicken or shrimps.

## STUFFED GREEN PEPPERS

4 green peppers	1 tablespoon melted butter or
3 cups cooked rice	margarine
2 oz grated cheese	parsley
2 oz cooked ham or bacon	salt and pepper
1 egg	

Cut top off peppers and remove the seeds, taking care not to damage the skin. Parboil in boiling salted water for 10 minutes.

To prepare filling, combine rice, chopped ham or bacon, cheese, salt and pepper and melted butter. Add well beaten egg and thoroughly mix. Fill the pepper skins, put in a fireproof dish with a little fat, cover with a piece of greaseproof paper and bake in a moderate oven for 20 minutes.

Alternative fillings are: chicken or veal.

#### STUFFED MARROW

1 medium sized marrow	lard
2 oz ham, bacon or minced cooked	1½ cups breadcrumbs
beef or tinned minced beef loaf	1 clove garlic
1 onion finely sliced	1 tablespoon melted butter
1 egg	2 oz mushrooms (not essential)
½ cup hot water	salt and pepper

Peel marrow, cut off the top and scoop out seeds with a spoon. To prepare filling, pour hot water over breadcrumbs. Add chopped meat, sliced onion, chopped mushrooms, garlic, salt and pepper and melted butter. Mix the well beaten egg into this mixture. Fill the marrow case, replace top and cover the whole thing with greaseproof paper.

Put in baking tin with 1 oz lard and bake for 1 hour in a moderate oven.

#### CROUSTADE OF HAM

##### *Croustade Case*

6 oz flour
1½ oz lard
1½ oz butter or margarine
1 egg
½ cup water
salt

##### *Filling*

½ pint milk
1 tablespoon butter or margarine
1 tablespoon flour
2 oz grated cheese
2 oz chopped ham
1 dessertspoon capers
1 clove garlic
chopped parsley
dessertspoon sherry

##### *To prepare croustade case*

Mix salt with flour. Work in butter and lard with fingertips, until it is evenly mixed. Make a hole in the middle and pour in

beaten egg. Mix well with a knife. Stir in sufficient water to make a firm dough. Do not have it too damp. Turn out on to a floured board and roll out to desired size. Line an open tart dish with the pastry. Prick the bottom all over with a fork to prevent it rising, brush edges with milk and bake in moderate oven for  $\frac{1}{2}$  hour. If eggs are in short supply it can be made quite well without. I usually make a croustade case on the day I reserve for baking. It can be kept up to 3 days before filling.

### *To prepare filling*

Melt butter in saucepan, add the flour and mix in the warm milk, stirring all the time. See that the sauce is very thick. I stress the word thick, otherwise the filling will be too runny. Add the chopped ham, cheese, capers, chopped garlic, parsley and sherry and stir well. If mixture is unavoidably thinner than is wanted, add a beaten egg-yolk. Pour this mixture in the case and bake in a warm oven until the top is browned.

Alternative fillings for croustade are: bacon, chicken and veal.

### FRIED RICE AND MUSHROOMS AND HAM

$\frac{1}{2}$ lb freshly boiled or cold rice	Parmesan cheese
1 oz lard or dripping	parsley, thyme and chives
2 oz mushrooms	2 oz cooked ham
1 dessertspoon soy sauce*	1 onion
1 well beaten egg	

Cold cooked rice is best for this dish as it is firmer and will not stick together. Melt lard in pan and fry sliced onion and mushrooms until onions are golden brown. Add rice and fry for 5 minutes, turning it over with a slice constantly. Add chopped ham, parsley, herbs and soy sauce. Pour well beaten egg over mixture and fry slowly for 5 minutes, turning it over all the time. A few chopped pickled walnuts add a very piquant taste to the rice. Serve with sprinkling of grated Parmesan cheese. It is very good served with paprika bread (p. 131).

Fried rice can also be made with bacon, chicken, veal and shrimps, and the mushrooms can be omitted.

## HAM MOUSSE

- |  |  |
|--|--|
| 3½ cups chopped ham passed 2 or<br>3 times through mincer as fine<br>as possible | 1 envelope gelatine<br>2 eggs<br>½ pint cream or evaporated milk |
| 1½ cups chicken stock or consommé<br>(if firmly jellied, do not use<br>gelatine) | 4 tablespoons sherry   |

Soak gelatine in ½ cup water, if home-made aspic is not available, then dissolve it in the chicken broth. Thicken this mixture with the beaten yolks of 2 eggs, but on no account boil. Allow to cool. Beat egg whites stiff and whip cream. Mix all ingredients well, mould and chill thoroughly.

## ROMNEY'S CHEESE SAVOURY

(with acknowledgements to Romney Brent)

- |                     |         |
|---------------------|---------|
| 6 oz Cheddar cheese | 1 onion |
| 2 rashers bacon     |         |

This is really a savoury, but I include it here as there is no chapter for savouries.

Put cheese, bacon and onion through a mincer. Mix thoroughly. Toast bread on one side and spread mixture thickly on untoasted side. Either bake in warm oven until brown or grill very slowly. The mixture can be kept in the ice-box for some weeks and used as wanted.

## FRIED CHINESE ROLLS

- |                                |                               |
|--------------------------------|-------------------------------|
| ½ lb cooked minced meat or ham | 2 onions, finely chopped      |
| 1 stalk celery, finely chopped | 1 tablespoon soy sauce*       |
| 8 oz flour                     | 1 egg                         |
| 1 dessertspoon sherry          | 1 tablespoon lard or dripping |
| 1 cup water                    | salt                          |

Melt fat in pan and toss meat, finely chopped onions and celery in it. Season with soy sauce and sherry and cook until onions are soft. Leave to cool.

Make a pastry with the flour, add beaten egg, and enough water added gradually to make a firm paste. Roll out thinly and cut into rounds with a 3 inch pastry cutter. Fill with meat

\* See page 7, footnote 2.

mixture, moisten edges with water and place another round on top, sealing tightly. Press around with a fork. Fry in deep oil until crisp and brown and serve with a sprinkling of soy sauce.

#### SPAGHETTI TORINESE

$\frac{1}{2}$ lb freshly made spaghetti	4 rashers bacon
1 oz butter or margarine	2 oz grated cheese, preferably
thyme and/or basil	Parmesan

Spaghetti is so much better if it is eaten freshly made. Almost any Soho grocer supplies it.

Cook spaghetti in boiling salted water for 20 minutes. Drain well and return to saucepan. Add bacon, fried brown and chopped into small pieces. Also butter, cheese and chopped thyme or basil. Mix thoroughly and serve hot.

#### SPAGHETTI CARBONARA

$\frac{3}{4}$ lb freshly made spaghetti	1 tablespoon butter
4 oz ham	4 oz grated Gruyère cheese
2 egg yolks	2 oz grated Parmesan cheese

Boil spaghetti as in preceding recipe.

#### *To make sauce*

Melt the butter, chopped ham and Gruyère cheese until the cheese becomes sticky. Add the Parmesan and mix in the egg yolks but do not allow them to cook. Mix this sauce well into the spaghetti and serve at once.

#### MACARONI SICILIANA

$\frac{3}{4}$ lb macaroni	grated Parmesan
4 oz grated cheese	2 egg plants, aubergines (fried in oil)
olive oil	tomato purée

Boil macaroni as in spaghetti recipe. Drain and return to saucepan with a little olive oil. Put a little of the macaroni in a baking dish, then a layer of fried aubergine, then the grated cheese and repeat until the dish is full. On top pour a teaspoon of tomato purée which has been mixed with 2 tablespoons of water. Cover with the grated Parmesan and bake for 20 minutes



in a hot oven. This can also be made with tomatoes instead of aubergines.

#### PIROZHKIS

These are of Russian origin and make an appetizing change in the menu. They are also excellent for a buffet meal or for picnics. Mix about 8 oz self-raising flour, a good pinch of salt, about a quarter cup of olive oil and enough water to make a soft dough. Lift on to a floured board and roll out to about  $\frac{1}{4}$  inch thickness and cut into rounds.

Chop some raw ham, bacon, veal or chicken, finely, and mince a small onion. Add salt and pepper, chopped thyme, and put a spoonful in each round of pastry. Moisten the edges with water, fold over and seal well. Bake in a moderately hot oven for about 20 minutes or until they are nicely browned.

#### CORNERD BEEF HASH

Mash cornerd beef and cold boiled potatoes together, adding salt and pepper. Fry a sliced onion in a little fat in the frying pan and add the cornerd beef and potatoes. Mix and fry until golden brown on each side. According to number of people being served, make a hole in the hash, put a smear of butter in it and crack an egg into each hole. Allow to half cook, and put under the grill for a moment to finish cooking the top.





**FISH**

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# **F I S H**

## **TO BUY FISH**

A fresh fish has firm flesh, bright eyes and gills and a fresh salty smell. Fresh fish sinks when put in water., Avoid any fish smelling even slightly of ammonia. A good fish dish cannot be achieved with anything but fresh fish.

## **FROZEN FISH**

Cook without thawing.

## **TO CLEAN FISH**

Remove scales which have not been taken off by drawing a knife over fish beginning at the tail and working towards the head. Small fish can be cleaned by drawing entrails through the gills. For a larger fish slit the belly and draw out.

## **TO SKIN FISH**

Contrary to many instructions I find it easier to skin a fish from head to tail. With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Make an incision under the head, hold fish in one hand and skin in the other and peel off. Stale fish will need to have the skin eased off.

## **TO PREPARE A COURT-BOUILLON**

The court-bouillon should be prepared before the fish is placed in it. It is simple to make and a supply of it can be kept in the refrigerator.

Equal parts of white wine and water	1 small bayleaf
1 sliced onion	2 tablespoons vinegar
1 clove garlic	fish heads and trimmings
½ cup each, carrot and celery, sliced	salt and pepper
1 clove	fresh herbs, chopped
6 peppercorns (crushed)	

Put water, wine and vinegar on to boil. Add fish heads, vegetables and seasonings and cook gently for 1 hour. Strain, and the court-bouillon is ready for use.

## WINE

Wine is important in the cooking of fish and meat. Essential, I should almost be tempted to say. The cheapest white or red wine is about 5s a bottle and quite adequate. British sherry and port at 6s a bottle, although they have little relation to their foreign namesakes, are certainly better than nothing.

## BAKING OF FISH

Fish seems to be rarely baked in this country, although I consider it an excellent method of cooking almost any 'thickish' fish. The more tasteless fish, such as haddock, hake, whiting and pike, are improved, and the rich oily fish such as salmon, mackerel or halibut keep their richness instead of having it boiled out of them. The recipe given on p. 30 can be used for any of the above mentioned fish.

In Bermuda where I lived for some years we would frequently 'barbecue' freshly caught fish. Although the recipe is impractical here, I will give it in case the occasion arises.

## BARBECUED FISH

Dig a medium sized hole in the sand, and at the bottom light a wood fire. Feed it well with sticks until it has a sizeable amount of ash. Knock out the flames and lay seaweed on top. Put your lobsters, crayfish, onions, potatoes, etc, on top of the seaweed, cover with another layer of seaweed and replace the sand that was dug out. Swim, talk or anyway leave it for 2 to 3 hours. Shovel off the sand and you will come upon the most delicious fish and vegetables you have ever eaten.

## ESCABÈCHES

A Spanish way of cooking whiting or mullet for an hors-d'œuvre.

2 cups olive oil  
 ½ cup tarragon vinegar  
 1 carrot  
 1 onion  
 3 cloves garlic

thyme  
 bayleaves  
 green pepper  
 parsley  
 ½ pint water

First dip fish in very hot olive oil, and place one upon another in an earthenware dish. Make a marinade of  $\frac{1}{2}$  pint water,  $\frac{1}{2}$  cup tarragon vinegar, and 2 cups of olive oil. Add the chopped vegetables and herbs. Cook for about 15 minutes, pour over the fish, and let stand for about 24 hours in a cool place. Serve fish in its own dish with marinade.

## CRAB CAKES

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 large crab or 1 tin crab        | 1 egg well beaten      |
| 2 tablespoons butter or margarine | 1 teaspoon dry mustard |
| $\frac{1}{2}$ minced onion        | salt, paprika pepper   |
| 1 cup breadcrumbs                 | chopped parsley        |

Melt butter, add onion and cook until yellow. Add other ingredients. If mixture seems too dry add a little milk. Shape into round cakes, roll in flour and fry quickly in oil. Reduce heat and cook slowly for 5 minutes. Serve with sauce amiral (p. 113).

## DEVILLED CRAB

- |  |                                    |
|--|------------------------------------|
| 1 large crab or 1 tin crab               | $\frac{1}{2}$ teaspoon dry mustard |
| $\frac{1}{2}$ cup chopped stuffed olives | 1 teaspoon Worcestershire sauce    |
| 1 tablespoon cream or evaporated milk    | $\frac{1}{2}$ cup hot water        |
|  | salt and pepper                    |
| 1 tablespoon butter or margarine         | $\frac{1}{2}$ glass sherry         |
| breadcrumbs                              |                                    |

Combine cream, butter breadcrumbs, hot water, mustard, Worcestershire sauce, salt and pepper, and simmer for 5 minutes. Add crab, chopped olives and wine. Put into baking dish, cover with breadcrumbs, dot with butter and bake until brown. Serve with paprika bread (p. 131).

## CREAMED COD WITH EGG AND SULTANA SAUCE

(also for hake or haddock)

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ lb cod fillet        | 1 tablespoon butter         |
| 1 hard boiled egg                    | 1 tablespoon flour          |
| $\frac{1}{2}$ cup sultanas or grapes | $\frac{1}{2}$ pint hot milk |
| court-bouillon (p. 27)               | 1 tablespoon sherry         |

Cook cod fillets gently in court-bouillon for 20 minutes. Drain and flake fish into an ovenproof dish. Melt butter in saucepan, stir in flour and add hot milk gradually, stirring constantly. Add chopped hard boiled egg, sultanas, seasoning and sherry and let simmer for a few minutes. Pour over fish and bake in moderate oven for 20 minutes. Fresh green grapes can be used in place of sultanas in this dish.

### HADDOCK AU VIN BLANC (also for sole, plaice, flounder)

2 lb haddock fillets	$\frac{1}{2}$ bayleaf
2 oz mushrooms	sprig of thyme
1 oz butter or margarine	breadcrumbs
salt and pepper	glass of white wine
2 small onions	

Place cleaned fish in flat glass baking dish with butter, sliced mushrooms and onions. Add salt, pepper, bayleaf and thyme. Sprinkle with breadcrumbs and dot with butter. Pour generous glass of dry white wine in baking dish and cook in medium oven until done, basting now and then. Serve with a trickle of lemon juice, and purée of potatoes (p. 106).

### BAKED, STUFFED HADDOCK (also for cod, hake, herring, halibut, whiting, pike, mackerel, mullet)

3 lb haddock	1 dessertspoon melted butter or
$\frac{1}{2}$ cup breadcrumbs	margarine
1 clove garlic	salt and pepper
thyme, sage and parsley	1 egg well beaten
$\frac{1}{2}$ cup hot water	2 oz lard, dripping or oil
$\frac{1}{2}$ green pepper	

Clean haddock and scrape off surplus scales and score one side of fish. Pour hot water over breadcrumbs, add chopped vegetables, seasoning, herbs and melted butter. Mix well and add beaten egg. Stuff the fish and secure with a skewer. Cover with greaseproof paper, put lard, oil or dripping in pan and bake in moderate oven for 45 minutes. Serve with a sauce



vinaigrette (p. 123). A generous glass of white wine can be used in place of the cooking fat, if preferred.

#### HALIBUT CREOLE

1½ lb piece of halibut	1 clove garlic
3 peeled tomatoes or ½ tin tomatoes	½ cup melted butter or margarine
and juice	chopped parsley
green pepper sliced	salt and pepper

Wipe fish and put in buttered ovenproof dish. Season well and arrange sliced tomato, parsley, garlic and green pepper on top. Bake 25 minutes in hot oven. Baste frequently with melted butter and liquor in dish.

#### SWEDISH BAKED HALIBUT

4 halibut cutlets	½ onion sliced
melted butter	½ cup cream or evaporated milk
¾ peeled tomatoes	salt and pepper
½ teaspoon sugar	

Remove skin from halibut and place cutlets in baking dish, sprinkle with salt and pepper and brush with melted butter. Add sugar to sliced, peeled tomatoes and spread over fish. Add sliced onion. Bake 20 minutes in moderately hot oven, pour cream over and bake a further 10 minutes. Remove onion before serving.

#### GRILLED HERRINGS WITH MUSTARD SAUCE

Remove heads and entrails, and scale fish. Rub over with olive oil. Place under a hot grill and cook both sides. When cooked, split open along backbone and remove bones. Place fillets under the grill for a moment. Serve with mustard sauce (p. 119).

#### PICKLED HERRINGS, MACKEREL OR MULLET

fresh herrings, mackerel or mullet	red wine vinegar
1 onion sliced	water
1 bayleaf	salt and pepper

Clean fish and remove heads. Place in a flat baking dish and season well. Add sliced onion and bayleaf. Cover with mixture

of half wine vinegar and water. Bake in a slow oven for about  $\frac{1}{2}$  hour. They are better eaten cold, but some people prefer them hot.

#### LOBSTER FARCI

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 lobster or 1 tin lobster    | $\frac{1}{2}$ pint milk          |
| 2 hard boiled egg yolks       | $\frac{1}{2}$ small glass sherry |
| 1 tablespoon butter           | slight grating nutmeg            |
| $\frac{1}{2}$ cup breadcrumbs | salt and pepper                  |
| 1 dessertspoon flour          |                                  |

Melt butter in pan, stir in flour and add milk, warmed, gradually. Break up lobster meat, add egg yolks rubbed to paste, parsley sauce, sherry and seasonings. Fill lobster shells or baking dish, cover with buttered crumbs and bake 20 minutes until crumbs are brown.

#### SPANISH LOBSTER CASSEROLE

- |                                  |  |
|----------------------------------|--|
| 2 lb cooked lobster              | $\frac{1}{2}$ cup cream or evaporated milk |
| 2 $\frac{1}{2}$ cups cold water  | 2 egg yolks lightly beaten                 |
| 1 sliced carrot                  | 1 tablespoon lemon juice                   |
| 1 sliced onion                   | 2 tomatoes sliced                          |
| 1 stalk celery                   | 12 oz hot boiled rice                      |
| 4 tablespoons butter             | salt, paprika, pepper                      |
| 4 tablespoons flour              | parsley                                    |
| $\frac{1}{2}$ small glass sherry |  |

Cut lobster meat in small pieces and put in pan with bones and claws. Add water, carrot, onion, parsley and celery. Boil and cook until liquid is reduced by half. Melt butter in a separate saucepan, add flour, and pour strained liquor from lobster gradually over it. Stir well, bring to boiling point and add cream, egg yolks, sherry and lobster but do not reboil. Season with lemon juice, salt, paprika and pepper. Put hot boiled rice in a casserole, and fill with lobster mixture. Place sliced peeled tomatoes on top, brush over with melted butter and serve.

#### LOBSTER CHOW MIN

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 lb cold lobster, or 1 tin      | $\frac{1}{2}$ lb mushrooms |
| $\frac{1}{2}$ cup bamboo shoots* | 1 teaspoon soy sauce*      |
| 1 tablespoon butter or margarine | 1 onion                    |
| 1 egg                            | 1 stalk celery             |

\* See page 7, footnote 2.

Melt the butter and add half the lobster, tossing it in the pan until it is slightly browned. Add the onion, celery and mushrooms all cut into very fine strips, also the sliced bamboo shoots. Mix with the soy sauce, cover and cook for about 10 minutes. Place the chow min in the bowl you will serve it from, and keep hot. Fry the rest of the lobster in a little butter, add a teaspoon of soy sauce and the beaten egg. Fry this in a small pan large enough to make a very thin lobster pancake. Turn this out on top of the lobster mixture.

Chow min can be made with pork, chicken or veal and is excellent with crispy noodles (p. 45). For further Chinese recipes, see chapter headed 'A Chinese Meal' (pp. 44-48).

#### LOBSTER A LA NEWBURG

2 lb boiled lobster	$\frac{1}{2}$ cup cream
1 tablespoon sherry	2 egg yolks lightly beaten
1 tablespoon brandy	salt, pepper and grated nutmeg
$\frac{1}{2}$ cup melted butter	

Slice lobster meat and toss in butter for a few minutes. Add brandy and sherry, cook for 1 minute and add cream and seasonings. Add lightly beaten egg yolks but do not reboil. Replace mixture in lobster shells or serve on rounds of hot buttered toast.

#### MACKEREL AS COOKED IN BRITTANY

2 good sized mackerel	4 floury potatoes
1 small onion	water
1 clove garlic	thyme, bayleaf
butter	salt and pepper

Place the sliced onion, garlic, herbs and seasonings in 1 inch of water in a large flat saucepan. Simmer for about 15 minutes. Add the potatoes sliced thickly. When they are half cooked add the mackerel cut into chunks and a good sized lump of butter. Cover and cook gently for about  $\frac{1}{2}$  hour. The sauce will by this time be greatly reduced and the fish and potatoes almost steamed. Remove herbs before serving.

## BAKED MACKEREL AND GOOSEBERRY SAUCE

2 mackerel	$\frac{1}{2}$ lb mushrooms
1 glass white wine	a little butter
bayleaf	salt and pepper

Make several incisions in the back of the fish and place chopped mushrooms inside. Put a bayleaf in the cleaned gullet. Salt and pepper fish and dot with butter. Pour glass of wine over and bake in a moderate oven for about 30 minutes. Baste frequently.

Serve with gooscberry sauce (p. 117).

## MOULES MARINIÈRE

fresh mussels	$\frac{1}{2}$ bottle white wine
butter	parsley
1 small onion	court-bouillon

Put cleaned mussels in previously prepared court-bouillon with the wine, cover and cook until shells open, shaking pan well. Remove the mussels, take off the half shell and add a beurre manié to the court-bouillon. This is a piece of butter the size of a walnut, rolled in flour. It is used when a sauce should only be slightly thickened.

Put the mussels in the dish they are to be served from, pour the court-bouillon over them and sprinkle with grated, not sliced, onion and some chopped parsley.

## PRAWN BIRIANI

1 pint fresh prawns, shrimps or 1 tin	butter
1 onion	1 egg (optional)
$\frac{1}{2}$ lb cold boiled rice	salt, parsley and 1 tomato
1 teaspoon curry powder	

Melt a little butter in a frying pan and cook sliced onion until lightly golden. Add prawns and salt and cook for a few minutes. Add rice, mixing well with the prawn and onion and turn constantly with a slice. Shake curry powder over and see that it is evenly distributed. Beat the egg, and fold into the mixture, lifting the rice so that the egg runs all through it. If eggs are scarce the biriani is quite acceptable without it. Serve with chopped parsley and slices of peeled raw tomato.

Whilst on the subject of curry, the curry sauce on p. 15 is very good with prawns, shrimps, scallops and indeed almost any 'thickish' white fish. Serve with mango chutney, poppados (Bombay Emporium, 70, Grafton Way, London, W1) and freshly boiled rice.

#### PLAICE AMIRAL

1 large filleted plaice	chives
2 anchovies	1 lemon
capers	salt
$\frac{1}{2}$ cup melted butter or margarine	

Steam the plaice for 15 minutes, place in a glass serving dish and add the well-pounded anchovies to the melted butter and chopped chives and capers, also a little thinly grated lemon peel. Allow to simmer gently until the anchovies are well blended. Remove the lemon peel, add the juice of the lemon and salt, and pour over the fish. Serve very hot with a purée of potatoes (p. 106).

Equally good for cod, hake, sole, etc.

#### RAIE AU BEURRE NOIR

skate	2 tablespoons butter or margarine
1 tablespoon vinegar	1 dessertspoon capers

Steam or boil the skate in a court-bouillon. Heat the butter in a saucepan until it is brown, add the vinegar and capers. Pour over the skate and serve immediately.

#### SHRIMPS AND SOFT ROES À LA NEWBURG

$\frac{1}{2}$ lb soft roes	1 pint shrimps or 1 tin
2 tablespoons butter	1 teaspoon lemon juice
1 teaspoon flour	1 teaspoon anchovy essence
$\frac{1}{4}$ cup cream or evaporated milk	2 egg yolks slightly beaten (optional)
2 tablespoons sherry	salt and pepper

Parboil soft roes in water and drain. Toss roes and cleaned shrimps in melted butter for about 3 minutes. Add lemon juice and cook 1 minute. In another saucepan melt the rest of the butter, mix in flour and add cream. Allow to simmer gently, add shrimps, roes, sherry, salt and anchovy essence and stir

well. Fold in the beaten egg yolks but do not reboil. If eggs are scarce, omit them.

#### BUTTERFLY SHRIMP

Paradoxically Dublin Bay prawns are the best to use for this dish or the largest prawns you can find. Make a batter of 3 oz flour, 2 tablespoons olive oil,  $\frac{1}{2}$  teaspoon soy sauce (Bombay Emporium, 70, Grafton Way, W1) and  $\frac{1}{2}$  tumbler of warm water. Mix flour in oil adding water gradually until you have a smooth batter. Fold in the soy sauce. Dip prawns in the batter and drop into smoking oil. Turn them quickly and drain on greaseproof paper. Eat immediately.

Some cooks add the beaten white of egg to the batter just before using. It makes for more crispness but in my opinion is not essential.

#### SOLE WITH SCALLOP AND MUSHROOM SAUCE

fillets of sole	1 tablespoon butter or margarine
2 scallops	1 cup warm milk
2 oz mushrooms	1 dessertspoon flour
parsley and thyme	salt and pepper

Salt fillets of sole, dip in milk and then flour and brown lightly in butter on both sides. Cut scallops into pieces and boil for 15 minutes in the milk. Strain but retain the milk. Melt the rest of the butter in a saucepan, mix in flour, add the warm milk the scallops were cooked in, stirring constantly. Salt and pepper. Add chopped mushrooms, herbs and scallops and simmer over a low flame for 5 minutes. Pour over the sole fillets and bake in a moderate oven for 10 minutes.

#### SOLE IN WHITE WINE SAUCE WITH OLIVES

fillets of sole	1 tablespoon butter or margarine
$\frac{1}{2}$ pint warm milk	1 tablespoon flour
1 glass white wine	$\frac{1}{2}$ cup stuffed olives
thyme	salt and pepper

Melt butter in a saucepan, add flour and stir in warm milk until sauce has thickened. Add salt, thyme, white wine and olives.

Arrange fillets of sole in an ovenproof dish and pour sauce over. Bake in a moderate oven for 20 minutes.

#### SOLE COOKED IN CIDER

fillets of sole	chives
beurre manié (butter squashed in flour)	$\frac{1}{2}$ pint draught cider salt and pepper

Place fillets in an ovenproof dish. Sprinkle with salt and pepper and chopped chives or shallots. Pour the cider over and cook in a moderate oven for 15 minutes. Pour liquid off into a saucepan, add the beurre manié and allow to cook for a few minutes, stirring constantly. Pour sauce back over the fish and serve.

#### SOLE AND SHRIMP SAUCE

1 large sole	$\frac{1}{2}$ pint shrimps or 1 tin
1 glass white wine	1 tablespoon butter or margarine
1 dessertspoon flour	breadcrumbs
juice of 1 lemon	salt and pepper

Remove head and skin of sole and cook it with the shrimp shells in the wine. Strain and reserve liquor. Melt the butter, add the flour, and the fish and wine liquid to it. If the sauce seems a little thick, add a trickle more wine. Stir in the lemon juice and the shrimp. Pour the whole over the fish, throw a few breadcrumbs on top and bake in a moderate oven for about 30 minutes.

#### SOLE WITH INCISIONS OF MUSHROOMS

1 large sole	a little butter
$\frac{1}{4}$ lb mushrooms	salt and pepper
1 glass white wine	

Remove head and skin of sole. Make three large incisions across the back and stuff with chopped mushrooms. Salt and pepper and dot fish with butter. Pour wine over and bake for 20 to 30 minutes in a moderate oven basting frequently. Serve with a trickle of lemon.

## SCALLOP AND MUSHROOM PIE

4 good sized scallops	1 tablespoon flour
$\frac{1}{2}$ small glass sherry or white wine	cold mashed potatoes (not essential)
$\frac{1}{2}$ pint warm milk	$\frac{1}{2}$ lb mushrooms
1 tablespoon butter or margarine	salt and pepper

Cut the scallops into fair-sized pieces and cook in the milk with pepper and salt for 15 minutes. Strain but reserve the milk. Melt butter in a saucepan, add flour and pour in the milk, stirring constantly. Add the mushrooms, sliced, the sherry, and the scallops. Pour the whole into an ovenproof dish. If liked, cover the top with the cold mashed potatoes, dot with butter and bake in the oven until the potatoes are slightly browned. Soft roes may also be added to this dish.

## SCALLOPS AU GRATIN

scallops	1 tablespoon flour
1 tablespoon butter	breadcrumbs
$\frac{1}{2}$ pint warm milk	salt and pepper
2 oz grated cheese	

Cut the scallops into small pieces and cook in the milk with salt and pepper until they are tender. Strain off the milk. Melt butter in a saucepan, add the flour and stir in the milk. Add the grated cheese and the scallops. Pour this mixture back into the shells or into a dish, sprinkle with breadcrumbs and brown under the grill.

## SARDINES AND RICE

This makes a cheap, easy and quick meal-in-a-moment. It is best, of course, made with fresh sardines but is very appetising with tinned ones.

1 tin sardines	1 lemon
1 teaspoon Worcestershire sauce	salt and paprika pepper
$\frac{1}{2}$ lb rice	

Pour the sardines and oil into a frying pan. Add pepper, salt, Worcestershire sauce and juice of half the lemon. Cook until the sardines are sizzling on each side. Serve with freshly boiled rice pouring the sardines on top, sprinkle with paprika and slices of lemon.



## SALMON

Boiled salmon is much better if it is started in cold water with a little salt, and boiled very gently for 10 minutes to the pound and allowing a further 10 minutes on to that. Do not remove the fish, but leave it in its water until you wish to use it, providing, of course, it is not more than 12 hours ahead. Serve it decorated with anchovy fillets and instead of the usual mayonnaise (p. 119) try a sauce gribiche instead (p. 118).

## TO GRILL SALMON

Select your cutlets about an inch thick and salt and pepper them. Brush with a little butter and place under the grill. Serve with *beurre maître d'hôtel* (p. 115), *beurre de ravigote* (p. 115), or *sauce gribiche* (p. 118).

## TO BAKE SALMON

Some years ago I thought what a pity it was to boil a salmon, thus losing most of its delicious richness. I was presented with a small Irish salmon and gazed at it lovingly for some minutes. Finally I decided how I would cook it. I made some pastry with 8 oz self raising flour,  $\frac{1}{2}$  lb margarine and lard, salt and a little water to make a soft dough. I dusted the salmon with salt and pepper, brushed the skin with melted butter and wrapped it up in the pastry, dampening the edges with water to seal it. I put the whole thing in a large baking dish, covered it with grease-proof paper, and baked it slowly for about 1 hour. I can still taste the deliciousness of that fish when the pastry was broken open; all its oils and juices were intact, and it was indeed a meal to remember.

## SALMON WITH CHEESE AND CAPERS

left over salmon or 1 tin salmon	1 tablespoon sherry
1 tablespoon capers	1 tablespoon butter
2 oz grated cheese	1 tablespoon flour
$\frac{1}{2}$ pint warm milk	salt and pepper
thyme	

Flake the fish into an ovenproof dish and salt and pepper. Melt the butter in a saucepan, add flour and mix in the warmed milk. Stir constantly. Add cheese, chopped thyme, capers and sherry. Pour over the fish and bake for 20 minutes. This dish is very good eaten with garlic bread (p. 131).

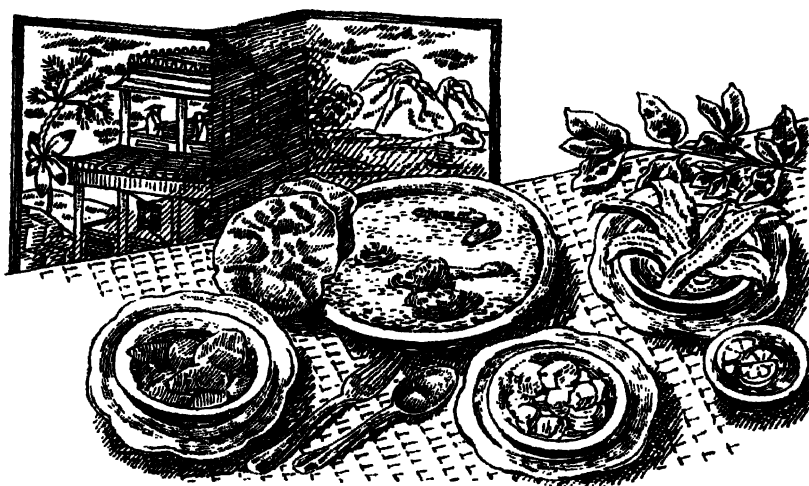
#### TROUT

The simplest way to cook trout is to grill them, having first cleaned and wiped them. Rub them with butter, salt and pepper and grill on each side, serving with slices of lemon, and *beurre maître d'hôtel* (p. 115).

#### TROUT COOKED IN WINE

As many trout as are needed per	$\frac{1}{2}$ bottle white wine
person	salt and pepper
butter	
herbs (lemon thyme, marjoram,	
parsley)	

Inside the cleaned trout put a piece of butter which has the chopped herbs added to it. Place fish in an ovenproof dish and dust with salt and pepper. Pour white wine over and cook in a hot oven for 25 minutes. The wine will be a little reduced by this time. Add a little more melted butter and stir it well in. Cook for a further 5 minutes. This dish is delicious hot, but if left to get cold it will jelly and is excellent on a hot day with a crisp salad. In that case, omit the melted butter.



**A CHINESE MEAL**



## **A C H I N E S E M E A L**

There are at least two good reasons why Chinese style meals should be popular in England. First, Chinese food needs very little meat, and secondly, it is quick to cook since all the vegetables are chopped very finely, and the meat is either minced or cut into small cubes or slices. Fish and meat can be used together in the same dish, and very good it is.

A dinner party for eight people can be given on one meat ration, and Chinese food is equally pleasant either in hot or cold weather. A Chinese person looking through these recipes would probably be horrified to see how I prepare their well-known dishes, but this book is designed for the English kitchen and my methods of cooking are an adaptation of their recipes.

A Chinese meal should consist of many little dishes, not of one large *plat* such as we are used to. Of the following recipes, some or all can be served as part of the same meal. Many of them can be prepared well in advance, and the final cooking time before eating should not exceed half an hour.

Select the dishes you think will go best together. You will be delighted to see how simple a Chinese meal is to prepare, and how delicious to eat.

All the Oriental delicacies mentioned in these recipes can be obtained from the Bombay Emporium, 70 Grafton Way, London, W1.

If the tins of bamboo shoots or bean sprouts, etc. are found to be too large for one meal, place the remainder in glass jars and keep in the refrigerator. Chinese food can be prepared without using Chinese vegetables, but needless to say it does not have the authentic flavour.

Rice should be served with all Chinese food, either plain boiled (p. 16) or fried (p. 20).

If chicken is being used for the basis of your Chinese meal, boil as in the following recipe and keep all the soup for use in the accompanying dishes. The powdered part of the packaged chicken noodle soups can be used as a basic stock, omitting the noodles.

## CHINESE BOILED CHICKEN

- |                                    |                      |
|------------------------------------|----------------------|
| 1 medium sized boiling fowl        | 1 tablespoon salt    |
| water to cover                     | spring onions        |
| $\frac{1}{2}$ glass cooking sherry | 1 teaspoon soy sauce |

Place the singed and cleaned chicken in boiling water to cover, add the salt, soy sauce, sherry, chopped spring onions and simmer gently for  $1\frac{1}{2}$  hours. Remove saucepan from heat, but leave chicken in the soup until it is quite cold. If a jellied chicken is desired, remove chicken from soup, disjoint the bird, and boil up the remaining bones or carcase with about half the stock for  $\frac{1}{2}$  hour. Strain this liquid, pour over the jointed chicken and place in the refrigerator until jelly has set.

## CHICKEN CHOP SUEY

- |   |                                |
|---|--------------------------------|
| chicken breast  | heart of white cabbage         |
| spring onions   | $\frac{1}{2}$ cup bean sprouts |
| 1 stalk celery  | 6 water chestnuts              |
| bamboo shoot (2 slices)                                   | 2 oz mushrooms                 |
| 3 Jerusalem artichokes if in season,<br>or Chinese fungus | 1 dessertspoon soy sauce       |
| 1 pint chicken stock                                      | butter squashed in cornflour   |

Finely chop or slice all vegetables except bean sprouts, fry them for 3 minutes in olive oil, and put them in the chicken stock with the soy sauce. Bring to boil and cook gently for 5 minutes. Add the cold boiled chicken breast cut into fine strips. Stir in the butter squashed in cornflour. This can be done some hours before being eaten and warmed gently when needed. On no account overcook the vegetables. They should be sliced so finely that 5 minutes is ample cooking time, as the separate flavour of each vegetable must be retained.

This dish is equally good without the chicken, and can also be made with ham or lobster.

## CHICKEN CHOW MIN

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 lb cold chicken              | 1 teaspoon soy sauce             |
| $\frac{1}{2}$ cup bean sprouts | 1 tablespoon butter or margarine |
| 1 onion                        | 1 stalk celery                   |
| 1 egg                          | $\frac{1}{2}$ lb mushrooms       |

Melt the butter and add half the chicken, cut in fine strips, tossing it in the pan until it is slightly browned. Add the onion, celery and mushrooms all cut into very fine strips, also the bean sprouts. Mix with the soy sauce, cover and cook for about 10 minutes. Place this in the bowl you will serve it from and keep hot. Fry the rest of the cut-up chicken in a little butter, add a teaspoon of soy sauce, and the beaten egg. Fry this in a small pan large enough to make a very thin chicken pancake. Turn this out on top of the chicken chow min. (Chow min can also be made with pork, lobster (p. 32), ham or veal.) Serve with crispy noodles.

#### CRISPY NOODLES

$\frac{1}{2}$  lb fresh noodles (obtainable from any Soho grocer)       $\frac{1}{2}$  lb lard or olive oil

Put the noodles in boiling salted water and cook for 5 minutes. Strain and put them under running cold water to get rid of the starch. Drain well. Melt the lard and when it is very hot fry the noodles in a basket until they are crisp and brown.

If you have trouble in buying fresh noodles it is not too difficult to make your own. Make a stiff paste with  $\frac{1}{2}$  lb. flour, salt and 2 egg yolks. Roll out very thinly and cut into strips about  $\frac{1}{4}$  inch wide. Leave these strips to dry for several hours, then treat as in preceding recipe. Noodles can of course be used for any spaghetti or macaroni dishes.

#### CHICKEN LIVERS AND MUSHROOMS

chicken livers and gizzard	1 tablespoon soy sauce
1 onion	2 teaspoons cornflour
2 oz mushrooms	2 oz cooking fat
3 sliced cabbage leaves	1 little sherry

Well clean the livers and gizzard, then slice them thinly and roll them in the cornflour and  $\frac{1}{2}$  teaspoon of sherry. Melt half the fat and fry the finely sliced onion, mushrooms and cabbage for about 5 minutes. Remove from the pan. Melt the rest of the fat and fry the livers and gizzard adding the soy bean sauce. Combine the two mixtures and cook for 5 minutes.

## SWEET AND SOUR PORK

small joint of pork	$\frac{1}{2}$ cup vinegar
1 tablespoon sugar	1 dessertspoon honey
1 teaspoon soy sauce	$\frac{1}{2}$ teaspoon paprika pepper
2 tablespoons cornflour	$\frac{1}{2}$ cup water
cooking fat	salt

Cut the pork into medium sized cubes. Make a paste of the cornflour and water and salt and dip the cubes of pork in it. Melt cooking fat in a pan and fry until each piece is cooked and brown. Allow pork to drain. Mix the cornflour mixture with the vinegar, paprika, sugar, honey and soy sauce and stir it well so that it becomes thoroughly mixed on a low flame. Add the pieces of pork, and cook gently for a few minutes.

## CHINESE PORK WITH MUSHROOMS

small joint of pork	1 tablespoon soy sauce
$\frac{1}{2}$ lb mushrooms, or $\frac{1}{2}$ packet soaked	1 teaspoon sherry
dried mushrooms	salt
1 teaspoon sugar	

Cut the pork into cubes and boil in about  $\frac{1}{2}$  pint water for  $\frac{1}{2}$  hour. Strain off the stock but retain it. Stir the soy sauce into the pork cubes mixing thoroughly. Add sugar, sherry, salt and stock. Slice the mushrooms and add to this mixture. Put the lid on the saucepan and cook very gently for about 40 minutes. When cold it will be a thick jelly and is very good eaten that way. This dish is equally good made with veal.

## SLICED VEAL OR LAMB AND CUCUMBERS

$\frac{1}{2}$ lb veal	1 teaspoon cornflour
1 $\frac{1}{2}$ dessertspoons water	1 cucumber
1 tablespoon soy sauce	1 oz cooking fat
2 oz mushrooms and/or Chinese fungus	

Slice the veal into thin strips, and mix it with the cornflour paste made from the teaspoon of cornflour and the water. Peel the cucumber, cut into cubes, and fry for a few minutes with the sliced mushrooms or fungus in the cooking fat. Add the



meat and cornflour mixture and fry together for 10 minutes. Add soy sauce, stir well and cook gently for 5 minutes. This dish can also be made with pork and celery.

#### BEAN AND MEAT ROLLS

(erroneously known as Egg Rolls)

$\frac{1}{2}$ lb minced pork, beef or veal	1 clove garlic
1 tin bean sprouts	cooking fat
1 dessertspoon soy sauce	$\frac{1}{2}$ pint water
$\frac{1}{2}$ lb plain flour	salt and pepper

Melt a little fat in a frying pan, add bean sprouts, chopped garlic and minced meat and fry for 5 minutes. Add soy sauce and salt and leave mixture to cool. Mix the flour and water together making a smooth past. Melt a walnut of fat in frying pan and throw it out leaving just a smear on the bottom. Pour a table-spoon of the flour mixture into pan, let it run evenly and when dry turn it out on to a flat board or table. Repeat this operation until all the mixture is used. The flour mixture should make about 15 rounds. Put a spoonful of meat and vegetable on to each round, moisten the edges with water and seal tightly. Drop them into hot fat until they brown.

The rolls can be made some time before frying them.

#### CHINESE EGGS

eggs	soy sauce
butter	

Hardboil the eggs for 5 minutes and put in cold water. Shell and put eggs into saucepan with a little butter and 3 table-spoons of soy sauce. Cook the eggs in this for 5 minutes basting them all the time until the eggs are a dark brown. When cold cut them into slices.

#### RICE AND MUSHROOMS

$\frac{1}{2}$ lb rice	6 oz mushrooms
chives	1 teaspoon soy sauce
1 oz butter	

Boil the rice in enough salted water to cover, and add the butter. Fry the mushrooms in butter and mix in the soy sauce. When

nearly all the rice water has been absorbed put the mushrooms on top and simmer very gently for 10 minutes. Add chopped chives. Do not let the rice become a glutinous mess by over-cooking it.

#### FRIED RICE

I always serve fried rice with Chinese food. The simplest method is to use cold boiled rice as it is firmer. Put a very little fat in the pan and then the rice. Add a beaten egg, a teaspoon of soy sauce and keep turning the mixture with a slice. The addition of a few fragments of chopped ham, prawns and chives is very welcome. For gala occasions I buy some lotus nuts – a great Chinese delicacy – and mix these in with the fried rice. They are also very good with the recipe given on p. 20.

When serving Chinese food have a bottle of soy sauce on the table so that everyone can sprinkle it on their food to taste.

Soups are generally served last in China. The pork and mushroom soup on p. 7 can be used to advantage.

Sweets are seldom served, but if something fresh and sweet is needed to finish the meal, tins or bottles of lichees, mandarin oranges, cumquats or chow chow are easily obtainable.



**M E A T**



# **M E A T**

## **ROASTING OF MEAT**

The usual time allowed for roasting is 20 minutes to the pound and 20 minutes over. This is for lamb, mutton, veal and pork. Beef if liked underdone requires only 16 minutes to the pound and nothing over. All roasts must be put in a hot oven, to seal the juices.

I have found that all joints are vastly improved if 10 minutes before they are cooked you take them from the oven, pour off almost all the surplus fat into a bowl, mix in a dusting of flour, throw over a glass of red wine or sherry. Replace in the oven, and 10 minutes later you will have a more tasteful joint and also a delicious gravy. The addition of fresh herbs placed on the raw joint is excellent too. Try putting a few leaves of tarragon on veal or mutton and a sprig of sage on pork. Very good bottled sauces are available for the different meats – horseradish for beef, mint sauce (the concentrated is the best, I think) for lamb and redcurrant jelly for mutton or veal.

## **KEEPING OF MEAT**

If you do not wish to eat your meat immediately and have no refrigerator, do not commit the atrocity of part-cooking. This to my mind makes almost any meat tougher than it would otherwise be. Instead salt and pepper the meat, put it in a dish, pour olive oil and vinegar over it, perhaps even adding a bay-leaf and a clove of garlic. If the meat is turned about twice a day it will keep, even in the hottest weather, for four or five days. It seems to me, too, that it makes the meat more tender. If a little of the marinade that the meat has stood in is added to the gravy, before boiling up, it gives a fresh tangy flavour.

## **SALTING OF MEAT**

Whenever I get a stringy coarse-looking piece of beef or pork – and who does not from time to time? – I invariably salt it. This is a very simple operation, and not only tenderises the meat but

supplies a saucepanful of good stock. All that is needed for salting meat is:

2 oz brown or coarse sugar	1 oz saltpetre
6 oz cooking or freezing salt	

Rub the salt well over the meat, then the sugar and saltpetre. Turn and rub it afresh each day. After four or five days the meat is "corned", and can be cooked in boiling water for 20 minutes to the pound with the vegetables of your choice and served with horseradish sauce, or sauce solatia (p. 122). However, if it is put in a covered container and the pickling liquid poured over, it will keep for a good month.

#### BEEF BONNEFOY

sirloin of beef	2 oz butter
2 chopped gherkins or other pickle	1 tablespoon flour
vinegar	olive oil
bayleaf	chopped parsley

Marinate the meat for about 10 hours in the olive oil, vinegar and bayleaf, turning occasionally. Remove from the marinade and roast in a hot oven with a little fat. When the meat is cooked, strain off the surplus fat, add the melted butter, stir in the flour and add as much of the marinade as you want gravy. Put in the chopped parsley, pickles and boil up. Pour over the beef which has been kept hot and serve with potatoes dauphinoise (p. 107).

#### BEEF BRAISED IN WINE WITH MUSHROOMS\*

2 lb beef	$\frac{1}{2}$ bottle red wine
2 oz fat bacon	3 onions
2 tablespoons flour	$\frac{1}{2}$ lb mushrooms
thyme	salt and pepper

\* For pressure cooking the time is 25 minutes

Cube the beef, removing any gristle. Chop the bacon and fry in a saucepan with the sliced onions. Remove pieces of bacon and brown the meat cubes in the fat. Stir in the flour and pour the wine over. Add thyme, salt, pepper and mushrooms, cut in half if medium size, left whole if the button variety. Cook very slowly for about 3 hours. Braised celery is good with this dish (p. 100).

## BEEF EN DAUBE\*

There are many classical recipes for this dish, but this one I have found to be the most practical for English kitchens.

joint of beef	3 carrots
2 grated onions	either a pig's trotter, a calf's foot, a
fresh thyme, tarragon, parsley and a	cow heel or some oxtail (if none
bayleaf	of these are available use a jar
cooking fat	of calf's-foot jelly, but it is not
1 glass white wine	as good as the real thing)
garlic	salt and pepper
4 oz bacon (minced) or pork	

\* For pressure cooking the time is 35 minutes

Cut the meat into thin slices, and mince the bacon. Take the first slice of beef, salt and pepper it, put a little grated onion and chopped fresh herbs on top and then a layer of minced bacon. Put a slice of beef on top and repeat the operation until you come to the end of the beef. Tie the joint up well with string and brown it quickly in hot fat.

Into a saucepan put the split cow heel or pig's trotter or oxtail or calf's-foot, add the sliced onions, carrots, a clove of garlic, fresh herbs, bayleaf and the beef. Pour over a good glass of white wine and two of water. Season to taste. Put the lid on and cook very slowly for 4 hours, turning the meat after 2 hours. When done take out the beef and remove the string carefully. Strain the liquid into a basin, and remove the fat from the top when cold. Warm it slightly and pour over the beef. Serve the meat when cold in its own jelly.

## FILLET OF BEEF WITH OLIVES

1 fillet of beef	olive oil
1 glass white wine	1 clove garlic
1 lemon	$\frac{1}{2}$ cup small stoned olives
chopped parsley	

Marinate the fillet in olive oil, white wine and garlic for 24 hours. Roast in a very hot oven for 16 minutes to the pound, turning it once to brown on both sides. Remove the meat from the pan. Strain off the fat and add a little of the

marinade to the gravy, boiling rapidly to make it reduce. Add the juice of a lemon and the stoned olives, and let it simmer for a few minutes. Pour over the fillet and sprinkle with chopped parsley.

#### FILLETS OF BEEF WITH ANCHOVY, EGG AND HERB SAUCE

fillets of beef	1 lemon
2 hard-boiled eggs	chives, parsley, tarragon
butter	salt and pepper
2 anchovy fillets	

Grill the fillets under a hot grill in the usual way. To make the sauce mash the eggs and the anchovies, mix together well with the chopped herbs and a little salt and pepper. Mix in the lemon juice, and put this mixture in an ovenproof dish. Place the fillets on top and add a good pat of butter to each fillet. Serve when this has melted into the sauce.

#### BEEF AMERICAN POT-ROASTED\*

1 joint of beef	1 cup hot water or stock
cooking fat	1 celery head
1 onion	1 bayleaf
carrots	salt, pepper and flour
$\frac{1}{2}$ teaspoon cinnamon	

\* For pressure cooking the time is 30 minutes

Rub meat well with salt, pepper and flour. Brown on all sides in fat in a heavy pan. Add the onion, cinnamon, celery and bayleaf and pour stock or water over. Close saucepan tightly and simmer very gently for about 3 hours, depending, of course, on the size of the joint. During the last hour add the carrots, sliced. If the gravy is liked thicker add a *beurre manié* (a walnut of butter squashed in flour) at the last minute.

#### BEEF AND BACON ROLLS†

This is a very economical dish as it requires little meat. Some slices from the top of your uncooked joint will suffice with some rashers of bacon. The method of preparing is as follows:

† For pressure cooking the time is 8 minutes



Take some very thin, regular slices of beef, rub them with pepper and garlic and put the bacon rashers trimmed to the same size on top. Roll up and tie securely with string. Melt a little butter in a saucepan, cut up an onion and fry it with the rolls browning them on all sides. Add a little flour, salt and pepper and a half glass of red wine or stock. Simmer gently for 20 minutes and serve with vegetables. The vegetables can be cooked with the rolls if preferred. When you have added the stock or wine, put in some thickly sliced potatoes, a few mushrooms, chopped celery or carrots; whatever may be in season. Simmer until the vegetables are cooked. Remove string before serving.

#### BOEUF STROGONOFF

This is an excellent way of using grilling steak which has been cut too thin to grill successfully.

steak	4 oz mushrooms
1 cup sour cream, or evaporated milk and lemon	1 tablespoon red wine (not essential)
3 onions	2 oz butter or margarine
	salt and pepper

Beat the steak until it is very flat and then cut it into short, thin strips. Melt the butter in a frying pan and add the sliced onions, mushrooms and pepper and salt. Cook slowly until they are done. In another pan melt a little more butter and fry the beef very quickly, turning it so that all sides become brown and cooked. Mix the beef with the onion and pour on the wine and mushrooms, add the sour cream, or evaporated milk, into which you have dripped the juice of a lemon, mix well and serve it very hot.

#### ARGENTINIAN BEEF

1 lb minced beef	3 onions
1 lb pears, plums or apples	2 tomatoes
$\frac{1}{2}$ cup raisins or currants	1 cup stock
1 lb potatoes	2 oz butter or olive oil
A pinch of paprika	salt and pepper

Melt the butter in a saucepan and fry the sliced onions until they are golden. Peel the tomatoes and add them with the raw

minced beef. Season to taste, pour in the stock, and allow to simmer for about 40 minutes. Add the cut-up potatoes, paprika and the stoned and thickly sliced fruit. Cover and simmer until the fruit is cooked. About 5 minutes before serving time drop in the raisins or currants.

### CHILI CON CARNE\*

- |  |  |
|--|--|
| 1 lb minced beef or cut into small cubes   | 1 teaspoon of chili powder               |
| 1 onion                                    | 1 tablespoon flour                       |
| 1 clove garlic                             | cooking fat                              |
| 2 tomatoes or 1 tablespoon of tomato purée | sprig of fresh thyme                     |
|  | $\frac{1}{2}$ lb kidney or haricot beans |

For pressure cooking time is 15 minutes

Soak the kidney or haricot beans overnight, strain them and simmer in water to cover gently for about 4 hours. For pressure cooking the time is 25 minutes. Melt the fat in a pan and fry the sliced onion and garlic until yellow. Rub the meat in flour and add with all the other ingredients. Stir well, add 1 cup of water, put in the kidney beans, cover and cook gently for about 1 hour.

Chili con carne can be served with a purée of potatoes if the kidney beans are difficult to get.

### PRESSED BEEF FLANK†

- |                                    |                  |
|------------------------------------|------------------|
| beef flank                         | bacon            |
| $\frac{1}{2}$ teaspoon peppercorns | 1 glass red wine |
| boiling water                      | 1 bayleaf        |
| bones                              | salt and pepper  |

† For pressure cooking the time is 35 minutes

Remove superfluous fat from meat, line it with bacon rashers, roll it up and tie securely. Cover with boiling water and add bones and seasonings. Put on the lid and simmer slowly for about 4 hours until the meat is almost shredded and most of the stock is absorbed. Put meat in a deep dish, pour liquor over, cover with greaseproof paper and press with a heavy weight overnight. Serve cold, thinly sliced with either a sauce vinaigrette (p. 123) or a sweet and sour sauce (p. 46).

## HUNGARIAN GOULASH\*

2 lb rump of beef or veal	2 carrots sliced
1 marrow bone if possible, but not essential	1 teaspoon tomato purée
2 large onions	1 oz cooking fat
1 tablespoon flour	1 clove garlic
1 dessertspoon paprika (be careful not to use the very hot paprika pepper. I have found Sharwood's to be the best)	1 bayleaf •
	1 good glass red wine
	water to cover
	salt

\* For pressure cooking the time is 30 minutes

Cut the meat into 1 inch cubes and fry them in some fat with the sliced onions. Salt, stir in the flour and paprika, and add the wine and water to barely cover. Put in the marrow bone which the butcher should have chopped into convenient sizes, add the tomato purée, sliced garlic and the bayleaf. Cover tightly and put in a slow oven for 2½ hours or until meat is tender and the sauce very much reduced. Put in the sliced carrots about ½ hour before it is ready, and before serving dig out the marrow which you will put back in the goulash, and throw away the bones. All dishes containing wine are better if they are allowed to get cold and then re-heated, but it will still be very good if it is eaten straight from the oven.

## BRAISED OXTAIL†

1 oxtail	1 dessertspoon tomato purée
2 onions	1 tablespoon flour
3 carrots	1 glass red wine
1 bayleaf	water to cover
paprika pepper	thyme, sage, parsley
2 oz cooking fat	

† For pressure cooking the time is 30 minutes

Cut the oxtail into joints and brown on all sides in the cooking fat. Add the sliced onions, the flour and the wine and water. Stir in the tomato purée, salt, paprika, bayleaf and the herbs. Cook in a casserole in a slow oven for about 3 hours or until meat is tender. Add the sliced carrots about ½ hour before the meat is ready. The addition of some ox kidney is excellent in

this dish, though not essential. If the kidney is used, sauté it in fat with the oxtail at the beginning.

#### BEEF SARMALAS

This is a good way of using up cooked beef and is a change from the eternal shepherd's pie.

cold minced beef	2 oz. bacon minced
1 clove garlic	1 onion
parsley, thyme and sage	spinach, lettuce or cabbage leaves
butter or margarine	salt and pepper

Mix the beef, bacon, chopped garlic, minced onion and chopped herbs together, seasoning to taste. Dip the spinach or lettuce leaves in very hot water, if cabbage is used the leaves must be par-cooked, and take only the inside ones, spread them with the minced mixture, roll and tie them securely. Casserole the spinach rolls with a little butter in a slow oven for  $\frac{1}{2}$  hour. Remove thread before serving. Sarmalas can also be made by using bacon rashers instead of spinach, lettuce or cabbage. Butter is not necessary if bacon is being used.

#### OX TONGUE

All tongue recipes can also be used for pork or lambs' tongues. Tinned tongue can also be heated and served with vegetables with any of these sauces.

#### POLISH TONGUE

1 tongue	1 tablespoon tarragon vinegar
1 onion	2 oz butter or margarine
1 lb carrots	2 oz chopped blanched almonds
2 cloves garlic	$\frac{1}{2}$ teaspoon cinnamon
thyme and parsley	1 teaspoon sugar
1 bayleaf	2 oz raisins or sultanas
$\frac{1}{2}$ teaspoon peppercorns	1 tablespoon flour
1 glass white wine	salt and pepper
1 grated lemon peel	

Trim all the horny part from the tongue and soak it in water for about 5 hours or else overnight. Then cover it with water,

add the onion, carrots or turnips, garlic, thyme, parsley, peppercorns (in a muslin bag), bayleaf, salt and pepper. Bring to the boil and simmer gently for about 3 hours, or until tongue is tender. When it has cooled a little take out and skin it, replacing it in the stock until you have made the sauce. Melt the butter in a large saucepan, stir in the flour and add 1 cupful of the tongue liquor. Stir constantly on a very low flame. Add the wine, vinegar, grated lemon peel, chopped blanched almonds, cinnamon, sugar, and the raisins or sultanas. Season to taste. Now remove the tongue, cut into thickish slices and put them in the saucc. Let the whole lot simmer for a few minutes and then serve.

*Ox tongue* can also be boiled as in the preceding recipe and served with a sauce solatia (p. 122).

#### BAKED OX TONGUE

Boil the tongue as described in the Polish tongue recipe, skin and put in a baking tin with 1 glass of wine and 1 cup of the tongue liquor; dot the tongue with pieces of butter. Cover with greaseproof paper or Mirap and bake for 2 hours, basting every now and then. Serve either hot or cold with redcurrant jelly to which you have added the grated rind of 1 orange and 1 lemon.

#### LAMB CHOPS EN PAPILLOTE

lamb chops	5 hard-boiled eggs
$\frac{1}{2}$ cup breadcrumbs	3 tablespoons melted butter or
1 clove garlic	margarine
chopped parsley	salt and pepper

Separate the whites and yolks of the hard-boiled eggs, and mash them separately. Mix in the breadcrumbs, garlic which has been pulverised, melted butter, salt and pepper. Cover the chops with this mixture and place them in buttered greaseproof paper (Mirap is the best product I know for this), having not more than 2 chops in the same piece. Bake for 30 minutes in a hot oven. Remove the paper and serve garnished with chopped parsley.

## STUFFED LAMB CHOPS

4 thick loin lamb chops	2 oz mushrooms
$\frac{1}{2}$ cup breadcrumbs	a little melted butter
1 or 2 chicken livers if available	salt and pepper

Remove the bones from the chops, and cut them in half but not going right to the far edge of the meat. Sauté the chopped livers and mushrooms in butter, season and work in the breadcrumbs. Stuff the incision in the chops with this mixture and tie round with thread. Grill the chops to a good rich brown on both sides and serve either with new potatoes sautéed in butter, or pommes duchesse (p. 106). Remove thread before serving.

## LAMB CHOPS FESTIVAL

4 lamb chops, rather thinly cut are best	$\frac{1}{2}$ glass white wine
1 egg	2 oz butter or lard
1 dessertspoon flour	parsley, thyme, sage and mint
1 cup warm milk	salt and pepper

Dip the chops first in the beaten egg and then rub them in the mixed chopped herbs. Melt half the butter in a pan and fry the chops quickly but allowing enough time to ensure they are cooked throughout. Keep them hot whilst preparing the sauce. Melt the rest of the butter in a saucepan, add the flour, and the warm milk, stirring all the time. Add the wine, salt and pepper, and just before serving put in the rest of the chopped herbs. Serve the sauce with the chops but do not pour it over them.

## SHASHLICK OF LAMB

Almost any cut of lamb can be used for this dish, but it is especially useful if you have only 3 chops and find you have four people to dinner.

lamb	$\frac{1}{2}$ cup olive oil
2 onions	$\frac{1}{2}$ cup vinegar
4 oz mushrooms	1 clove garlic
bayleaves	1 lemon
$\frac{1}{2}$ lb tomatoes	salt and pepper

Cut the lamb into about 1 inch cubes and soak them in the oil, vinegar and garlic for not less than 3 hours, but anything up to

24 hours if there is time. Then get as many skewers as you need per person. Start at the top with a bayleaf then a piece of lamb, then a quarter of tomato, a slice of onion, mushroom and so on until the skewer is full. Repeat this operation until you have used all the ingredients. Place them in a deepish pan, add pepper and salt and pour a little of the marinade over. Grill the shashlicks fairly quickly, seeing that all sides are brown. Serve on a dish of hot, freshly boiled rice (p. 16).

*For the sauce* pour the rest of the marinade in the grilling pan, and reduce it by boiling quickly on top of the stove. When it has reduced to about half its original amount, squeeze in the juice of a lemon. Pour this over the shashlick and rice and serve very hot. Shashlick is equally good made without the mushroom and tomato. In that event, however, one needs slightly more meat.

#### STUFFED BREAST OF LAMB

- |   |                                     |
|---|-------------------------------------|
| 1 breast of lamb (ask the butcher to bone it for you) | fresh parsley, thyme and sage       |
| 1 onion   | 1 clove garlic                      |
| 1 cup breadcrumbs                                     | a little melted butter or margarine |
| 2 oz minced or chopped bacon                          | 1 beaten egg (not essential)        |
|   | salt and pepper                     |

Moisten the breadcrumbs with a little hot water and allow them to swell. Add the minced bacon, onion, chopped herbs, garlic, salt and pepper, the melted butter and the egg if you are using one. Mix well. Stuff the mixture into one end of the breast and roll up. Tie securely with string. Roast it in a warm oven with a little fat for 20 minutes to the pound. Serve with a Spanish sauce (p. 117).

#### BREAST OF LAMB GRILLED WITH A HERB SAUCE

- |                          |                        |
|--------------------------|------------------------|
| 1 boned breast of lamb   | 2 egg yolks            |
| 2 carrots                | parsley, mint and sage |
| 1 onion                  | 1 lemon                |
| breadcrumbs              | a little flour         |
| 3 oz butter or margarine | salt and pepper        |

Cover the breast with cold water, skim when it comes to the boil, then add the vegetables, parsley, sage and seasonings and simmer

gently for 2 hours. Take it from the soup, lay on a flat board, cover with greaseproof paper and put a heavy weight on top. Leave it to press for some hours. When cold, skim the fat from the top of the soup. Cut the lamb into thin strips, and dip in the beaten egg yolks to which you have added a little melted butter. Roll in breadcrumbs and grill under a slowish grill. Keep the strips hot whilst you make the sauce. Boil half the soup very quickly until it is reduced to the amount needed. Add the juice of a lemon, a *beurre manié* (a walnut of butter squashed in flour) and a good sprinkling of freshly chopped mint. Serve with the grilled lamb.

## LAMB A LA BORDELAISE

1 leg or $\frac{1}{2}$ leg of lamb	$\frac{1}{2}$ cup olive oil
2 oz butter	1 clove garlic
$\frac{1}{2}$ glass white wine	$\frac{1}{2}$ lb mushrooms
chopped parsley	1 lb potatoes

Insert the clove of garlic into the leg bone and bake it in a hot oven in the butter and olive oil for  $\frac{1}{2}$  hour. Add the thickly sliced potatoes (or whole if new) and the mushrooms whole. Lower the heat and continue baking for 20 minutes to the pound until the meat is done, basting well. Remove the meat on to the serving dish, boil up the gravy, add the glass of white wine, the chopped parsley and pour over the joint.

## LAMB WITH CURRANT MINT SAUCE

any roasting joint of lamb or mutton	$\frac{1}{2}$ tumbler redcurrant jelly
cooking fat	$1\frac{1}{2}$ tablespoons finely chopped mint
$\frac{1}{2}$ glass sherry	leaves
1 clove garlic	1 tablespoon grated orange rind

Put the garlic under the meat, add cooking fat and roast in a moderate oven for 20 minutes to the pound until done. Pour off the surplus fat, add a little flour to the juice, and pour the sherry over. Replace in oven for 10 minutes, adding a little water if the gravy seems too thick. Cut the redcurrant jelly into small pieces but do not beat, add the mint leaves finely chopped and stir in the grated orange rind. Serve with the roast lamb.



## HUNGARIAN LAMB OR MUTTON STEW

1 lb mutton or lamb	3 oz bacon
1 onion	1 lb potatoes
1 teaspoon paprika	1 glass red wine
1 glass water	a few caraway seeds
1 oz cooking fat	salt

Cube the mutton into pieces. Melt the fat, fry\* the sliced onion lightly, add the mutton, bacon and potatoes, sliced. Fry until a light brown. Put the meat and vegetables into a casserole, add the paprika, salt, wine and water and the caraway seeds in a little bag. Braise in a slow oven for 1½ to 2 hours.

## SOUTH AFRICAN MUTTON

2 lb mutton or lamb	½ cup dried apricots or 1 dessert- spoon apricot jam
1 clove garlic	3 onions
2 tablespoons cooking fat	1 lemon
1 tablespoon curry powder	1 tablespoon sugar
paste	3 tablespoons vinegar
salt and pepper	

Cut the mutton into thin pieces. Cook the soaked apricots and sieve them. Melt the cooking fat in a pan and fry the sliced onions and garlic gently until cooked but not brown. Add the apricots or apricot jam, salt and pepper, juice of a lemon, curry powder, sugar (omit sugar if you are using the jam), and vinegar, and boil it all together for a few minutes. When cool, pour it over the raw meat and let it soak overnight. Remove the meat and grill on both sides. Heat the sauce and pour over. Serve with freshly boiled rice (p. 16).

## FRENCH IRISH STEW

The somewhat paradoxical title devolved from my father, who was Irish, trying to explain to a French restaurateur how to make an Irish stew. This is what we got instead. It was so good that we always used this recipe thereafter.

joint lamb weighing about 1½ lb	2 onions
6 medium sized potatoes	1 clove garlic
1 oz margarine or butter	1 cup stock, or 1 teaspoon Marmite to a cup of hot water
salt and pepper	

Peel and slice the potatoes thickly, and mix together with the sliced onions and garlic in a baking tin. Salt and pepper well.

Place the joint, also well seasoned, on top of the potatoes and onions and dot with butter. Pour the stock over the vegetables and bake in a warm oven for 1 to 1½ hours. Meat cooked this way hardly shrinks at all, and is much improved in flavour.

#### RICE AND LAMB CASSEROLE

finely chopped cooked lamb or	1 egg
mutton	a little hot water
2 cups cooked rice	1 teaspoon paprika
1 onion	fresh herbs
lemon juice	salt and pepper

Put a layer of rice into a buttered casserole. Add the meat, sliced onion, lemon juice, chopped herbs, paprika, lightly beaten egg, salt and pepper. Put the rest of the rice on top. Pour in a ¼ cup of hot water or preferably stock. Cover with buttered paper and bake very gently for ½ hour. Serve with fresh tomato sauce (p. 123).

#### LAMB'S LIVER SMITANE

lamb or calf's liver	1 oz dripping
1 glass white wine	1 lemon
½ pint sour cream, or evaporated milk	1 onion
with juice of a lemon dripped in	
a little flour	

Slice the liver and roll in flour. Melt the dripping and fry the liver quickly on both sides. Keep hot. Brown slightly the sliced onion in a little butter, add the white wine and reduce it on a low flame. Add the sour cream and simmer very gently for a few minutes. Just before serving add the juice of a lemon. Pour sauce over the liver and serve hot.

#### LIVER OR KIDNEY AND MUSHROOM CASSEROLE

This is very good for ox or pork liver as it is generally a little on the tough side to fry or grill.

1 lb liver or kidneys	1 onion
½ lb mushrooms	4 bacon rashers
1 glass red wine	fresh herbs
1 clove garlic	salt and pepper
1 teaspoon paprika	

Fry the liver and sliced onion for a few minutes and put into a casserole; shake a little flour over. Add the mushrooms, chopped garlic, herbs, chopped bacon, paprika, salt and pepper. Pour the wine over and a little water to cover. Put the lid on and cook gently in a slow oven for  $1\frac{1}{2}$  hours. Young carrots are very good cooked with this dish.

#### MEXICAN PORK CHOPS

4 pork chops	1 tin tomatoes or equivalent of cooked fresh tomatoes
1 green pepper if available	
4 tablespoons uncooked rice	sage and thyme
1 pinch chili powder	salt and pepper
1 onion	

Put chops and sliced onion in a casserole with a spoonful of rice on each chop. Slice the pepper, mix with the tomatoes and chili powder and pour over the rice. Salt and pepper and sprinkle the chopped herbs on top. Cover and bake in a moderate oven for 1 hour.

#### STUFFED PORK CHOPS

4 thick pork chops	$\frac{1}{2}$ cup sugar
a little flour	$\frac{1}{2}$ chopped onion
1 oz cooking fat	$\frac{1}{2}$ cup breadcrumbs
3 apples or prunes (soaked)	1 rasher bacon
1 tablespoon chopped parsley	1 stalk celery if available
$\frac{1}{2}$ tumbler white wine	salt and pepper

#### TO MAKE STUFFING

Fry chopped bacon until crisp, then add celery, onion and parsley all chopped, and cook for 3 minutes. Peel, core and slice the apples or soaked prunes, sprinkle with sugar and simmer until tender. Add the breadcrumbs, bacon and cooked vegetables. Season to taste.

Cut the chops halfway through the lean part to the bone. Stuff, fasten with small skewers or toothpicks, dust with salt and pepper and rub lightly with flour. Sear on both sides on a hot flame. Put in a covered ovenproof dish, with a little white wine and cook in a moderate oven for  $\frac{3}{4}$  hour.

## ROAST PORK WITH APPLES AND SULTANAS

small joint of pork	$\frac{1}{2}$ cup water
4 medium sized apples	currants and sultanas

Dust joint of pork with salt and pepper and put in the baking tin. Add the water. Core the apples and fill with currants and sultanas. Arrange the apples around the pork and bake in a moderate oven for  $1\frac{1}{2}$  hours.

## PORK CHOPS WITH BLACK CHERRIES

4 pork chops	1 oz cooking fat
$\frac{1}{2}$ lb stoned black cherries	a little flour
1 glass red wine	salt and pepper

Melt the cooking fat and sear the chops on both sides in it. Shake a little flour over and add the red wine. Season to taste. Put the chops in a casserole, and add the cherries. Cover and cook slowly for 1 hour or until the meat is tender.

## HUNGARIAN PORK CHOPS

4 pork chops or slices from leg of pork	a clove of garlic
$\frac{1}{2}$ bottle white wine	2 oz butter or margarine
2 sliced carrots	breadcrumbs
1 onion sliced	1 dessertspoon paprika
a bayleaf	a little flour
parsley	salt and pepper

Marinate the meat for 12 hours in a covered dish, turning over once, in the wine, carrots, onion, garlic, parsley and bayleaf. Drain the meat, brown on both sides in the butter, shake a little flour over, add a little of the marinade which has been strained, and simmer for 20 minutes. Sprinkle the paprika over, add a little more marinade and continue cooking for a further 5 minutes. When the meat is almost done slip the whole into a casserole. Shake the breadcrumbs over and place in a hot oven to brown. Be sure to see the chops do not dry up, adding more marinade should this be the case. Reduce the rest of the marinade and serve it as a sauce.

## CASSEROLE OF PORK WITH CHESTNUTS

This is a good dish for old lean pork which is liable to be tough if roasted in the usual way.

pork	1 glass white wine
1 clove garlic	$\frac{1}{2}$ lb peeled chestnuts
2 oz butter or margarine	$\frac{1}{2}$ cup hot water
sage	salt and pepper

Cut the pork into cubes and brown them in the hot butter. Add salt, pepper, sage, garlic and let it simmer gently until the butter is brown and there is a slight sediment. Add the hot water, wine and the chestnuts (if they are boiled for a few minutes in water the skin is not difficult to remove). Cover the casserole and cook very gently for about 2 hours stirring from time to time.

## PATÉ OF PORK

1 lb pork	$\frac{1}{2}$ lb beef
$\frac{1}{2}$ lb veal	pork fat
1 small glass brandy	salt and pepper
1 clove garlic	

Remove all bone, gristle or skin from all meats. Line the bottom of a casserole with strips of pork fat. Mince the veal, garlic and beef together, but chop the pork into small cubes. On top of the pork fat place a layer of the minced meats and season well. Then put a layer of pork, and repeat operation until all the meats are used, cover with strips of pork fat. Pour brandy over and cover tightly, put a strip of flour and water dough round the lid if it is a bad fit. Cook in a moderate oven for  $1\frac{1}{2}$  hours. The paté is cooked when a knife goes easily to the bottom of the dish. When it is done take off the lid, cover with a piece of greaseproof paper and put a heavy weight on it overnight. When cold, cut into thin slices. This terrine can also be made with rabbit and pork, hare or liver.

## PORK AND BEANS

This dish is eaten in almost all countries but the method of preparing varies slightly. In France it is called a cassoulet and often includes many more meats or game. I shall give here the American and French recipes as I consider those to be the best.

## BOSTON BAKED BEANS

1 lb dried white beans	2 tablespoons tomato purée
$\frac{1}{2}$ lb fat pork	1 tablespoon brown sugar
2 tablespoons black treacle	1 teaspoon dry mustard
salt and pepper	1 onion

Soak the beans overnight. Boil them for 10 minutes in salted water and drain. Put half the beans in a large covered casserole with the sliced onion and put the pork on top. Cover with the remaining beans. Mix together the mustard, tomato purée, treacle, sugar, salt and pepper and a little hot water. Throw this over the pork and beans adding enough water to cover. Put the lid on and cook in a very slow oven for 6 to 7 hours. Every couple of hours stir the beans about and if they seem dry add more hot water. An hour before serving take the lid off and dig the pork to the top where it will become nicely browned.

## CASSOULET

1 lb dried haricot beans	ham or bacon bones, bacon, sausages, salami, lamb, pork
2 tablespoons tomato purée	
3 cloves garlic	2 onions
thyme, parsley, marjoram	1 glass red wine
1 teaspoon paprika	salt and pepper
2 tablespoons brown sugar	

Soak beans overnight. Put the beans in a large earthenware casserole with all the ingredients except the sausages and meat. See that the wine covers at least two-thirds of the beans and fill up with water to cover. Cook very slowly on the lowest flame for about 8 hours. Thirty minutes before serving add the sausages, bacon, salami or any cooked meat or game you have left over, and finish cooking without the lid. If fresh pork is used put it in with the beans about 3 hours before serving. Stir the beans from time to time and add more water or wine if the beans appear dry.

## PORK SPARERIBS AND SAUERKRAUT

spareribs	$\frac{1}{2}$ cup vinegar
1 tin sauerkraut	4 bacon rashers
salt and pepper	

Put the spareribs in cold water to cover, salt and pepper, bring to the boil and remove the scum. Simmer gently for  $2\frac{1}{2}$  hours.

Cut the bacon into strips and brown lightly in a saucepan. Add the sauerkraut, vinegar, salt and pepper and mix well. Put the spareribs on top, cover and simmer all together for 30 minutes. Just before serving put under the grill to brown for a few minutes. Boil some potatoes in the pork liquor and serve with this dish. As a change from sauerkraut, Alsatiqn red cabbage (p. 97) is very good with this dish.

#### HAM, BOILED

Always soak hams before cooking. Put in cold water and bring to boil, but on no account let it continue boiling. Add an onion stuffed with cloves. Simmer very gently for 25 minutes to the pound, and allow ham to cool in the water in which it was cooked. The same method is used for boiling bacon. Serve with sauce solatia (p. 122) and/or Irish pease pudding (p. 105). There are two vegetables which I think are the perfect complement for ham. One is seakale, and the other sweet corn.

#### HAM BOILED IN CIDER

Always use draught cider and follow the same directions as with water. It vastly improves the flavour. Serve with steamed seakale and melted butter, and the following sauce. Melt 1 oz of butter in a pan, add 1 dessertspoon of flour and a good cup of the cider stock. Salt and pepper and drop a little fresh thyme or tarragon into it. Then drop in a handful of sultanas and simmer for a few minutes. Capers can be used as an alternative to sultanas.

#### BAKED HAM

Follow directions for boiling and when cool remove the brown skin. I use this recipe for all tinned hams with great success.

Stud the top of the ham with cloves about 2 inches apart. Then press moist brown sugar on to the cloves to a thickness of about an eighth of an inch. Bake in a moderate oven for about 40 minutes basting the sugar, some of which will have melted, two or three times. Serve with corn fritters (p. 101) and candied carrots (p. 98). If you are feeling extravagant serve 1 spoonful of champagne on each slice of ham, otherwise no other sauce is necessary.

## HAM ROLL

$\frac{1}{2}$ inch slices of ham	1 cup raisins or sultanas
1 cup chopped walnuts	1 tin tomatoes
salt and pepper	

Mix the chopped raisins and walnuts together and spread on the slices of ham. Roll up and tie securely. Put in a casserole, pour over the tomatoes, season to taste and bake for  $1\frac{1}{2}$  hours in a moderate oven if the ham is raw, or 30 minutes if you are using cooked ham. Remove string before serving.

## VEAL

Veal requires long, slow cooking, and it is therefore the best meat to serve re-heated. Slices can be cut from a joint of cold veal, dipped in egg and breadcrumbs and fried slowly in butter. Serve with an anchovy and a slice of lemon on top and this dish will not in any way taste re-cooked.

## VEAL WITH OLIVES IN BÉCHAMEL SAUCE

4 veal chops or cutlets	1 cup stuffed olives
1 tablespoon flour	3 oz butter
1 sprig tarragon or thyme	1 cup milk
1 dessertspoon tarragon vinegar	

Dust the veal chops with flour and fry slowly in butter. Melt 2 oz butter in a saucepan, mix in the flour and add milk, chopped tarragon and tarragon vinegar. Stir constantly and add the stuffed olives. Put the chops in a casserole, pour the sauce over and bake for 15 minutes in a hot oven.

This olive and béchamel sauce can be used with scraps of cold veal or ham and served with freshly boiled rice.

## ROAST VEAL WITH SAUCE VINAIGRETTE

roast of veal	sprig of tarragon
1 clove garlic	bacon rashers
1 glass sherry	

*For Sauce*

$\frac{1}{2}$ cup olive oil	$\frac{1}{2}$ cup vinegar
capers, gherkins, parsley,	salt and pepper
tarragon, chives	



Dredge joint with flour, salt and pepper and put in baking tin with sprig of tarragon and bacon rashers on top and the clove of garlic underneath. Add 2 oz butter or good dripping, roast for 30 to 35 minutes to the pound. Baste frequently. Pour off most of fat before serving and throw 1 wineglass of sherry over joint. Replace in oven for 15 minutes.

*To prepare Sauce*

Mix oil, vinegar, chopped gherkins, capers and all ingredients together, heat slowly and serve with the joint.

VEAL CUTLETS WITH WHITE WINE AND  
SOUR CREAM SAUCE

veal cutlets	1 sprig tarragon or	teaspoon
2 oz butter	tarragon vinegar	
1 glass white wine	salt and pepper	
$\frac{1}{2}$ cup sour cream or evaporated milk		

Dredge cutlets in flour and fry slowly in butter, browning on each side and almost simmering until the meat is done. Remove the cutlets and keep them warm. Pour the white wine into the butter the cutlets have been cooked in and raise the heat. Add chopped tarragon or tarragon vinegar, salt and pepper and when the sauce has thickened slightly add the sour cream or the evaporated milk to which you have added the juice of a lemon. Stir well, let it bubble for a minute and pour over the cutlets. Serve with garlic bread (p. 131).

WIENER SCHNITZEL

veal cutlets	1 tablespoon flour
$\frac{1}{2}$ cup sour cream or evaporated milk	breadcrumbs
with lemon juice	1 egg
2 oz butter or pork fat	salt and pepper
1 teaspoon paprika	

Sprinkle cutlets with salt and pepper, dip in flour, egg and breadcrumbs, and sauté slowly in butter or pork fat until almost cooked. Then pour over the sour cream and the paprika, stir well and continue cooking for 5 minutes.

## BUCCONCINE

thinly cut slices of veal	Gruyère cheese
the same amount of ham	1 egg
breadcrumbs	2 oz butter
1 oz flour	salt and pepper

Cut the veal into thin slices about 4 inches long and 2 inches wide and salt and pepper. Place ham cut to the same size on top, then a thin slice of Gruyère cheese. Roll and secure with a toothpick or a small skewer. Dip the rolls into flour, then egg, and finally roll in breadcrumbs. Fry in hot butter until they are a golden brown. Remove skewers before serving.

## VEAL CUTLETS WITH MARSALA OR SHERRY

veal cutlets	1 egg
grated Parmesan cheese	breadcrumbs
1 oz melted butter	$\frac{1}{2}$ wineglass Marsala or sherry
2 oz butter	

Dip the cutlets in melted butter then roll them in Parmesan cheese. Dip into beaten egg and finally in breadcrumbs. Fry on both sides in butter until the cutlets are a golden brown. Take great care not to break the crust when turning them. When they are cooked put them on a hot dish and pour the wine into the butter they were cooked in. Stir and let it bubble for a moment, then pour over the cutlets.

## VEAL HARLEQUIN

breast of veal	1 tablespoon flour
2 hard-boiled eggs	2 cups stock or substitute stock
1 wineglass red wine	chopped tarragon, parsley
salt and pepper	

Cut the meat into cubes and brown in butter. Sprinkle the flour over, let it get a little brown and pour in the stock and wine. Season well, cover and cook very gently for about 40 minutes or until the meat is tender. Just before serving add the chopped tarragon. Mix the chopped parsley with the chopped eggs and when serving cover the whole surface of the meat with it, giving a harlequin effect.

**BRAISED BREAST OF VEAL\***

2 lb breast of veal	2 tablespoons flour
3 onions	3 tablespoons olive oil
1 tin tomatoes	2 cups stock or substitute
6 oz mushrooms	1 glass white wine
1 clove garlic	salt and pepper

Pressure cooking time is 30 minutes

Cut the meat into regular pieces and brown with the onions in the hot olive oil. Sprinkle the flour over and add the stock and the wine. Salt and pepper to taste, then add the sliced mushrooms, garlic and the tin of tomatoes. Cover and simmer very gently for 2½ hours.

**GALANTINE OF VEAL**

1 boned breast of veal	3 oz mushrooms
1 lb pork sausage meat	6 rashers of streaky bacon
1 hard-boiled egg	grated peel of 1 lemon
chopped tarragon, parsley and lemon thyme	salt and pepper

Lay veal flat and spread half of it with half the pork sausage meat, then the herbs, chopped egg, chopped mushrooms, salt and pepper, a little lemon peel and finally the fried bacon rashers. Cover with the remaining sausage meat, and roll up tightly. Wrap it in a put-ling cloth and tie up the ends. Cook gently in boiling water for about 3 hours. Leave it to cool in the water. When cold remove from the pan, take off the cloth and place the galantine in a dish which just fits it, put grease-proof paper over it and a weight on top. Put in an icebox or a very cool place and eat well chilled. Wilted lettuce is very good with this dish (p. 102).

**CALF'S BRAINS À LA YORKE**

calf's or lamb's brains	4 oz mushrooms
½ wineglass sherry	2 tablespoons butter
1 tablespoon flour	½ teaspoon paprika
1 cup hot milk	salt and pepper
1 tablespoon vinegar	

Wash, remove membranes from brains and soak 1 hour in cold water. Drain, and throw into boiling salted water with

1 tablespoon of vinegar added. Simmer for 20 minutes, remove from the water and skin them. Press the cooked brains under a weight. When cold cut into cubes and soak them in the sherry for 1 hour. Peel and slice the mushrooms and fry them in half the butter. With the other half make a béchamel sauce by melting the butter, adding the flour and pouring the hot milk over, stirring constantly. Add the mushrooms to the sauce, then the brains, sherry, salt and pepper and the paprika. Simmer for 3 minutes and serve.

#### CALF'S BRAINS AU BEURRE NOIR

calf's or lamb's brains	1 tablespoon olive oil
3 tablespoons vinegar	$\frac{1}{2}$ cup tepid water
2 oz butter or margarine	white of 1 egg
1 tablespoon capers	cooking fat
3 oz flour	salt and pepper

Wash, boil and skin brains as in preceding recipe, then cut them into slices. Add salt to the flour, mix in the olive oil, add the warm water, mixing to a smooth paste. Finally, add the stiffly beaten white of egg. Have a pan of hot fat ready, dip the brains in the batter, drop them in the fat and fry until nicely browned. Put to drain on tissue paper and keep hot. Melt the butter in a saucepan and let it turn brown, add 2 tablespoons of vinegar and the capers. Serve with the fried brains.

#### CALF'S SWEETBREADS DUBARRY

calf's or lamb's sweetbreads	2 eggs
2 cups stock or substitute	$\frac{1}{2}$ cup cream
1 onion	2 oz mushrooms
fresh parsley	juice of 1 lemon
salt and pepper	beurre manié (butter squashed in
nutmeg	flour)

Boil the sweetbreads in water for a few minutes, then drain and skin. Put in a saucepan with the stock, chopped parsley, sliced onion, mushrooms, salt, pepper and the beurre manié. Simmer gently for  $\frac{1}{2}$  hour. Beat the eggs and cream together, adding a grating of nutmeg and a little chopped parsley.

Remove the sweetbreads from the fire and pour the juice carefully over the egg and cream mixture, stir well, but on no account reheat. Trickle the juice of one lemon into the thick creamy sauce and serve at once. Purée of spinach is very good with this dish (p. 109).

#### FRIED CALF'S SWEETBREADS

As in recipe for brain au beurre noir (p. 74) and serve also with crisp rashers of bacon.

#### CALF'S SWEETBREADS NAPOLITAINE

calf's or lamb's sweetbreads, par-boiled	1 cup cream
2 tablespoons butter	1 cup grated Parmesan cheese
$\frac{1}{2}$ teaspoon Bovril	slices of toast
2 oz mushrooms	salt and paprika pepper

Cut the par-boiled sweetbreads into cubes, sauté in hot butter and add the Bovril to give a glazed effect. Pour 1 tablespoon of cream into a casserole and put the slices of toast over. Mix the rest of the cream with the cheese, salt and paprika and spread over the toast. Put the sweetbreads seasoned to taste on top. Add chopped mushrooms, dot with butter, cover with a lid and bake for 10 minutes in a moderate oven.

#### TRIPE LYONNAISE

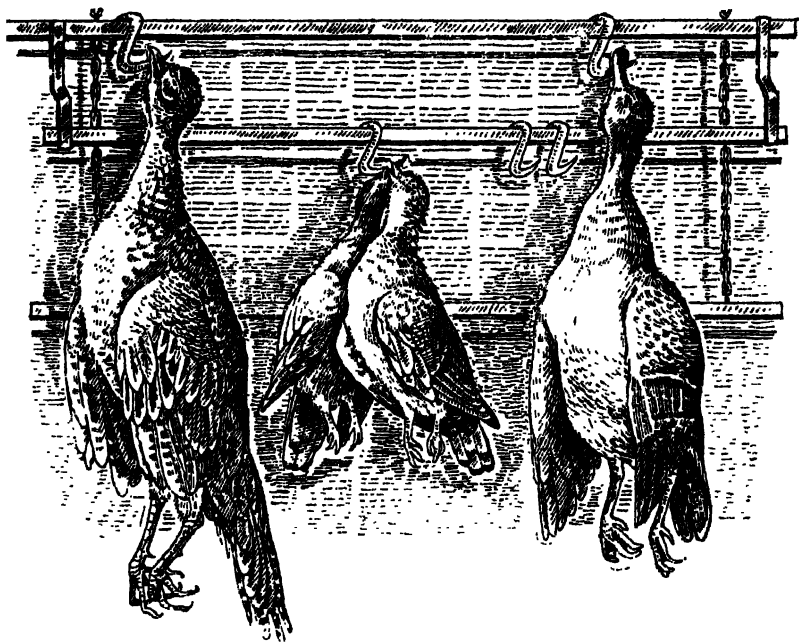
2 lb tripe	1 cup tomato juice
1 clove garlic	4 oz mushrooms
1 green pepper	1 tablespoon flour
2 onions	2 tablespoons butter or margarine
parsley	1 teaspoon tarragon vinegar

First bring the tripe to the boil in three waters, throwing away each time. Then cut it into pieces, melt the butter and fry the sliced onion, garlic and tripe in it for a few minutes. Salt and pepper. Add the flour and pour the tomato juice and 2 cups of water over. Put in the chopped green pepper, parsley, mushrooms, cover and simmer very slowly for 2 hours. Just before serving add the tarragon vinegar.

## TRIPE À LA MODE DE CAEN

2 lb tripe	1 bayleaf
3 onions	3 leeks if available
3 carrots	parsley and thyme
1 stalk celery	1 pint draught cider or white wine
cloves	salt and pepper

Boil tripe 3 times as in preceding recipe. Cut into pieces and put in a saucepan with all the vegetables, herbs and 1 onion stuck with cloves. Cover with the cider or wine, salt and pepper, cover and simmer very gently for about 4 hours.



## **POULTRY AND GAME**





# **P O U L T R Y   A N D   G A M E**

## **STUFFED ROAST CHICKEN WITH WINE AND GARLIC SAUCE**

1 chicken	1 small onion
4 oz butter or chicken dripping	chicken heart and liver
1 tumbler red wine	1 rasher bacon
4 cloves garlic	fresh parsley, thyme and tarragon
1 cup breadcrumbs	1 oz melted butter
salt and pepper	1 egg

Soak the breadcrumbs with hot water and add onion, bacon, herbs, butter, heart and liver all chopped well. Beat the eggs and stir in. Stuff the chicken with this mixture and secure the end with a skewer. Dust the chicken with salt and pepper and rub soft butter over the breast. Put in a baking pan with the fat and roast in a moderate oven for 25 to 30 minutes to the pound. About 10 minutes before the bird is cooked heat the wine in a saucepan and add the chopped garlic. Strain off all the surplus fat from the pan and throw the wine and garlic over. Replace in oven, basting at least once before serving.

The wine and garlic sauce is very good for any bird inclined to eat dryly, such as turkey, guinea fowl, duck or pigeon. According to the size of the bird increase or decrease amount of wine used.

There are many alternative stuffings for poultry. The best one I have used is a stuffing made from sour cream, chopped mushrooms and a sprig of chopped tarragon in quantities of 1 pint sour cream to 4 oz mushrooms.

## **SAUSAGE STUFFING**

$\frac{1}{2}$ lb pork sausage	2 tablespoons melted butter or
$\frac{1}{2}$ cup breadcrumbs	margarine
chopped parsley, thyme	1 rasher bacon
1 egg	salt and pepper
1 clove garlic	

Mix all ingredients, except egg, together, Season to taste and add beaten egg.

## MUSHROOM STUFFING

Use mushrooms in place of sausage meat and proceed as above.

## GOOSE AND DUCK STUFFING

- |                               |                             |
|-------------------------------|-----------------------------|
| $\frac{1}{2}$ cup breadcrumbs | heart and liver of the bird |
| 1 large onion                 | 1 rasher bacon              |
| 2 sprigs chopped sage         | 1 egg                       |
| 1 oz melted butter            | salt and pepper             |

Mix all ingredients together, chopping them finely. Add the beaten egg.

## APPLE STUFFING FOR GOOSE, DUCK OR PORK

- |                         |                 |
|-------------------------|-----------------|
| 2 rashers bacon         | 1 stalk celery  |
| 4 sliced cooking apples | chopped parsley |
| 1 cup breadcrumbs       | a little butter |
| 1 teaspoon sugar        | salt and pepper |
| 1 onion                 |                 |

Fry the bacon, chopped celery and onion for 3 minutes. Cook the apples with the sugar and a little butter in a covered pan until they are tender. Combine the two mixtures.

## CHESTNUT STUFFING FOR TURKEY

- |                      |                 |
|----------------------|-----------------|
| 1 lb chestnuts       | 1 egg           |
| 2 tablespoons butter | salt and pepper |
| 1 teaspoon sugar     |                 |

Slit the chestnuts and boil for 35 minutes in water. Remove both skins and mash them up with the sugar, melted butter, salt and pepper. Add the beaten egg.

## CHICKEN À L'ANCIENNE

- |                                 |                      |
|---------------------------------|----------------------|
| 1 young chicken                 | 6 oz mushrooms       |
| 6 small onions or shallots      | 1 tumbler white wine |
| 4 oz butter                     | 1 cup cream          |
| 1 tablespoon flour              | salt and pepper      |
| $\frac{1}{2}$ cup boiling water |                      |

Rub the soft butter over the chicken and sprinkle with salt and pepper. Put in a casserole with the peeled onions. Dredge with flour and pour boiling water and wine over. Cover and cook in a moderately hot oven for 1 hour. Add the cream and the mushrooms and continue cooking for 30 minutes.

#### CHICKEN BRAISED WITH WINE (*Coq au Vin*)\*

1 boiling fowl	a few mushrooms can be added if
$\frac{1}{2}$ bottle red wine	desired
$\frac{1}{2}$ cup water	1 oz butter or fat
2 onions	salt and pepper

For pressure cooking the time is 30 minutes

Brown the fowl all over in the hot fat. Put in a casserole with sliced onions, wine and water. Season to taste. Cover and cook very slowly for 2 to 2½ hours or until chicken is tender. All dishes cooked with wine are better if allowed to get cold and reheated. This dish is equally good with guinea fowl.

#### CHICKEN CONTADINI

1 chicken (split in two)	$\frac{1}{2}$ tumbler Italian vermouth
2 onions	1 teaspoon tomato purée
pinch of cinnamon	$\frac{1}{2}$ cup water
2 oz butter	salt and cayenne pepper

Sauté the sliced onions for 5 minutes in the butter, then add chicken, brown on all sides and remove. Add the Italian vermouth, and set fire to it. When flame dies down add the tomato purée, cinnamon, water, salt and pepper. Stir well and add the chicken. Cover and cook in a slow oven for 1½ to 2 hours or until chicken is tender.

#### ROAST CHICKEN AND SOUR CREAM SAUCE

Roast the chicken as in the recipe on p. 79. Pour off most of the surplus fat and add 1 cup of sour cream, 1 tablespoon of sherry, salt and pepper. Stir together and heat gently.

## PAPRIKA CHICKEN

- |                                  |   |
|----------------------------------|---|
| 1 boiling fowl                   | 2 tablespoons flour                     |
| 2 tablespoons butter             | 1 tablespoon paprika (Sharwood's brand) |
| 2 onions                         | salt                                    |
| 1 cup sour cream (not essential) |   |

Boil the fowl, giblets, etc with the onions and salt in water for 1 to 1½ hours. Then cut up the bird into serving pieces and put in a casserole. Melt the butter in a pan, stir in the flour and paprika and add 2 cups of the chicken giblet stock. To give it an authentic Hungarian flavour stir in a cup of sour cream, but it is perfectly acceptable without. Pour over the chicken and heat up in a hot oven for 10 minutes. Rabbit is very good cooked this way.

## MEXICAN CHICKEN

- |  |                          |
|--|--------------------------|
| 1 boiling fowl   | 2 cloves garlic          |
| 4 pimentos, fresh or canned (obtainable at Parmigiani Figlio Ltd, 43 Frith Street, W1) | 4 oz butter or margarine |
| 1 onion  | 2 tablespoons flour      |
|  | ½ teaspoon chili powder  |
|  | salt and pepper          |

I usually have my chicken jointed at the butcher's for this dish, but it is not essential. Melt half the butter in a pan and brown the chicken in it. Add the chili powder, pimentos, onion slices, garlic, salt, pepper and boiling water to cover. Put the lid on and cook in a moderate oven for 1 to 1½ hours or until bird is tender. When chicken is cooked, melt the remaining butter, add the flour and pour the strained liquor over. Stir well, allow to thicken and pour back over the chicken and pimentos.

## SWEET AND SOUR CHICKEN

- |                         |                    |
|-------------------------|--------------------|
| 1 roasting chicken      | ½ teaspoon mustard |
| 2 tablespoons sugar     | 2 cups vinegar     |
| 1 tablespoon flour      | 1 cup water        |
| cayenne pepper and salt |                    |

It is easier to use a jointed chicken for this dish. Put the chicken in a casserole, sprinkle with the sugar, flour, mustard, pepper and salt. Add the vinegar and water and cover. Cook very slowly for 1 to 1½ hours. When done put under the grill, baste frequently until liquid is reduced to about half. Serve immediately.

## CHICKEN MARENGO

1 chicken	2 tablespoons flour
2 oz raw ham or bacon	2 tablespoons butter
1 pint stock or substitute	1 onion
parsley and thyme	3 skinned tomatoes or $\frac{1}{2}$ tin
$\frac{1}{4}$ pint olive oil	$\frac{1}{2}$ glass sherry
4 oz fresh or dried mushrooms	$\frac{1}{2}$ cup stuffed olives
salt and pepper	

Fry the joints of chicken in olive oil until they are browned, and drain well. Melt the butter, add the chopped ham or bacon, sliced onion and mushrooms, and cook for about 5 minutes. Stir in the flour and salt and pepper. Add the tomatoes, sherry, stock and olives. Stir together and simmer very gently for  $\frac{1}{2}$  hour. Pour over the chicken and cook in a moderate oven for 45 minutes.

## FRITOT OF CHICKEN

1 cold chicken, roast or boiled

*Sauce Ingredients*

3 tablespoons olive oil	$\frac{1}{2}$ finely chopped onion
1 tablespoon lemon juice	2 tablespoons chopped parsley,
beurre manié	thyme and tarragon
salt and pepper	

*Batter Ingredients*

3 oz flour	white of 1 egg
1 tablespoon olive oil	cooking fat
$\frac{1}{2}$ cup tepid water	salt

Cut the chicken into pieces, remove skin, and put them in a deep dish. Pour over the olive oil, lemon juice, onion, salt, pepper and half the chopped herbs. Leave them for 2 hours, turning frequently. Mix the flour, salt, water and olive oil into a smooth paste and let it stand for an hour before stirring in lightly the stiffened egg white.

Melt plenty of cooking fat in a pan, drain the pieces of chicken, dip them in the batter and fry in the hot fat until they are nicely browned. Drain well. Boil up the marinade on a hot flame letting it reduce. Add the beurre manié (butter squashed in flour), and the rest of the herbs, when it has slightly thickened serve separately with the fried chicken.

## TURKISH CHICKEN

1 chicken or fowl	6 black peppercorns
$\frac{1}{2}$ cup blanched almonds	3 oz butter or margarine
$\frac{1}{2}$ lb rice	fresh chopped herbs
1 tin tomatoes	salt and pepper
2 onions	

Boil the chicken in water with 1 onion, herbs and seasonings for  $1\frac{1}{2}$  to 2 hours. Allow to get cold, and then cut into pieces for serving. Heat the butter in a pan, add the sliced onion and fry until lightly browned. Pour the tomatoes over, add salt, pepper and the rice. Cook for 3 minutes then add  $1\frac{1}{2}$  pints of chicken stock and the joints of chicken. Continue cooking until the rice and chicken are tender, adding more stock if it should become too dry. Just before serving throw in the chopped blanched almonds and serve immediately.

This dish is very good made with rabbit.

## DUCK BIGARADE

1 duck	$\frac{1}{2}$ pint duck gravy
2 oranges	1 tablespoon flour
$\frac{1}{2}$ pint stock or substitute	1 cup water
1 glass red wine	3 oz good dripping or butter
1 teaspoon lemon juice	salt and pepper
1 teaspoon olive oil	

Roast the duck with fat or butter in a moderate oven for 30 minutes to the pound, basting frequently. Squeeze the juice of one orange. Grate the peel, cover with cold water and bring to the boil. Simmer for 15 minutes, then strain off the orange peel and reserve it. Pour off the surplus fat from the duck, add flour and 1 cup hot water, salt and pepper and boil up. Add the  $\frac{1}{2}$  pint stock and orange juice and boil quickly to reduce it to half. Add the orange rind, lemon juice and wine, mix well and simmer for a few minutes. Peel the other orange (2 if they are small), remove skin and pips from quarters and heat for a moment or two in the teaspoon of olive oil. Cut the duck into serving pieces, pour the sauce over and pile the quartered orange segments in the centre. Goose can be served the same way.

**BRAISED DUCK STUFFED WITH RICE AND ORANGE SKIN**

1 duck	1 tablespoon sherry
dried skin of two oranges or tangerines	1 teaspoon ginger
1 onion	1 teaspoon sugar
$\frac{3}{4}$ pint water	2 tablespoons soy sauce*
1 dessertspoon cornflour	2 oz cooking fat or butter
salt and pepper	2 oz uncooked rice

Put the dried skin of one orange or tangerine and the uncooked rice inside the duck, melt the fat and brown the duck on all sides. Pour the water over, add the ginger, onion, salt and pepper and simmer for 40 minutes. Then sprinkle the sugar over the duck, add sherry, soy sauce and remaining orange peel cut into fine strips. Baste the bird well with this mixture, cover and cook gently for another hour. When cooked remove the duck, mix a little water to the cornflour and add to the gravy. Serve poured over the bird.

**GUINEA FOWL**

See roast chicken with wine and garlic sauce (p. 79) and Coq au Vin (p. 81).

**PIGEONS AND RED CABBAGE**

3 or 4 pigeons (allow $\frac{1}{2}$ pigeon per person)	4 oz bacon or ham
$\frac{1}{2}$ a red cabbage	2 onions
3 oz butter	parsley, thyme
1 tablespoon vinegar	1 pint stock or substitute
salt and pepper	beurre manié
	$\frac{1}{2}$ glass red wine

Melt the butter in a saucepan, add diced bacon, sliced onions and pigeons, and fry the whole lot until well browned. Add the red cabbage shredded finely and pepper and salt. Turn over well and fry for 5 minutes. Pour the stock and wine over and add the chopped herbs. Cover closely and simmer gently, or casserole in a slow oven, for 1 hour. Just before serving add the beurre manié (butter squashed in flour) and the vinegar.

Equally good made with cold duck or partridge.

\* See page-7, footnote 2.

## PIGEONS WITH OLIVES

2 pigeons	1 wineglass sherry
2 oz bacon	2 oz mushrooms
1 tablespoon flour	1 pint water or stock
1 onion	3 oz butter or margarine
parsley, thyme	1 cup stuffed olives
1 tablespoon tomato purée	salt and pepper

Cut each pigeon in half and fry them in the hot butter until they are well browned. Put them in a casserole. To the butter they were cooked in add the chopped bacon, mushrooms, onion, herbs and fry for a few minutes. Add the flour and brown it slightly. Pour over the water or stock, sherry, tomato purée, olives and season to taste. Let it simmer gently for 5 minutes. Pour over the pigeons and cook in a moderate oven for 40 minutes.

ROAST PARTRIDGE, PHEASANT, GROUSE, CAPERCAILZIE  
AND PTARMIGAN

Cover the breast with strips of bacon and put in a baking pan with about 2 oz good dripping or butter. In the case of pheasant and capercaillie a little raw steak put inside improves the flavour. It is not eaten and can be used afterwards in some other dish. Roast for about 20 minutes to the pound basting frequently, and 10 minutes before serving throw over a wine-glass of sherry.

Any scraps of poultry or game can be well utilised in the fried rice recipe on p. 20.

## HARE BAKED WITH MUSHROOMS

1 young hare	6 rashers chopped bacon
$\frac{1}{2}$ lb mushrooms	1 chopped onion
1 glass sherry	fresh parsley, thyme and chives
$\frac{1}{2}$ cup cream	3 oz cooking fat or good dripping
1 oz butter	1 dessertspoon flour
	salt and pepper

Melt the butter and fry the mushrooms cut in half for 5 minutes. Add the finely chopped bacon, chopped onion, herbs,



a little of the sherry and salt and pepper. Stuff the hare with this mixture, and either sew up or skewer well. Put the hare in a baking tin, dust with flour, season to taste, cover with greaseproof paper, add dripping and bake in a moderate oven for 1 to 1½ hours. Remove the greaseproof paper towards the end to allow the hare to brown. When it is cooked, strain off most of the surplus fat, add flour, the rest of the sherry and a little water. Boil up this mixture, stirring well. Just before serving stir in the cream and pour the sauce over the hare.

Hare can also be stuffed with sausage meat, or a herb and onion stuffing (p. 80).

### JUGGED HARE\*

1 hare (jointed)	1 tumbler red wine
4 oz bacon	2 onions
½ pint stock	2 oz butter or dripping
parsley, thyme and bayleaf	2 tablespoons flour
6 cloves	salt and pepper

\* For pressure cooking the time is 30 minutes

Melt the butter in a pan and fry the joints of hare until they are brown all over. Add the bacon, cut up, and fry lightly. Sprinkle in the flour and let brown with the hare. Season to taste. Add the stock, wine, herbs and one of the onions stuck with cloves, cover, and put in a hot oven for 1½ hours. Meanwhile peel the rest of the onions and fry them until they are well browned. About 15 minutes before the hare is ready add them to the casserole.

### GERMAN RABBIT (with beer and prunes)

This is an excellent recipe for those who dislike the glutinous bland taste that sometimes accompanies rabbit. It acquires a much more gamey flavour cooked this way.

1 rabbit (jointed)	1 tablespoon flour
1 pint draught dark beer, either mild or Burton	6 oz soaked prunes
2 onions	2 oz dripping
	salt and pepper

Melt the dripping and fry the joints until they are brown all over. Sprinkle the flour over and let it brown. Transfer to a

casserole, pour the beer over, add sliced onions, prunes which have been soaked, and salt and pepper. Cover and cook in a slow oven for  $1\frac{1}{2}$  hours.

## RABBIT PAPRIKA

See Paprika Chicken (p. 82).

## NORMANDY RABBIT

1 young rabbit	$\frac{1}{2}$ pint cider
3 oz butter or 2 tablespoons olive oil	parsley
1 tablespoon tomato purée	salt and pepper
4 cloves garlic	

Parboil the jointed rabbit for  $\frac{1}{2}$  hour with a little salt and pepper. Take all the meat from the bones, heat the olive oil or butter and fry the rabbit with the chopped garlic cloves until it is well browned. Stir in the tomato purée and salt and pepper. Let it simmer on a low flame for 2 or 3 minutes. Then pour the cider in quickly letting it 'quench' the sauce. Simmer gently for 5 minutes and serve sprinkled with chopped parsley.

## SWEET AND SOUR RABBIT

See Sweet and Sour Chicken (p. 82).

## RABBIT À LA TURQUE

See Turkish Chicken (p. 84).

## RABBIT AND PORK PIE\*

1 rabbit	1 onion
$\frac{1}{2}$ lb pressed cooked pork or bacon	fresh thyme and parsley
$\frac{1}{2}$ bottle white wine or cider	salt and pepper
2 oz mushrooms	

## PIECRUST

5 oz self-raising flour	salt
3 oz margarine and lard	a little water
1 egg	

\* For pressure cooking rabbit will take 25 minutes

Simmer the rabbit for 1 hour in the wine. Let it get cold and then remove all the meat from the bones. Put in a piedish with the pressed pork, cubed, sliced onions, mushrooms, chopped herbs, salt and pepper. Cover with the liquor the rabbit was cooked in.

#### TO MAKE PIECRUST

Work the margarine and lard into the flour and salt with the fingers. Break the egg into the middle and work in with a knife. Add a little water, about  $\frac{1}{2}$  cup, gradually to make a fairly stiff paste. Turn out on to a floured board and roll to desired size. Wet the edges of the pie dish before putting the pastry on. Make a slit on the top to allow steam to escape, brush with either beaten egg or milk and bake in a moderate oven for  $\frac{1}{2}$  hour or until nicely browned all over. If eaten cold it will be a thick jelly. It is equally good with chicken or veal.

#### BAKED RABBIT

See Baked Hare (p. 86) and Roast Chicken (p. 79).

Almost all the chicken recipes can be adapted for use with rabbit.

#### CURRIED RABBIT OR CHICKEN

Use cold scraps of rabbit or chicken with the sauce given for Curried Eggs on p. 15.





## **V E G E T A B L E S**

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## **V E G E T A B L E S**

Whenever possible use young, fresh vegetables. If you have the opportunity of growing them yourself, please pick them when they are small, and not when they are large, old specimens fit for nothing but to take the prize for the 'biggest in show'. This applies particularly to any variety of pea or bean.

### **BOILED GLOBE ARTICHOKEs**

Strip off the large outside leaves and cut off the stalk. Boil head down in boiling water to which a tablespoon of vinegar has been added. Cook for 15 to 20 minutes, or until the bottom is tender. Artichokes can be eaten hot, with either sauce hollandaise (p. 118) or melted butter, or cold with a sauce vinaigrette (p. 123).

### **BRAISED GLOBE ARTICHOKEs**

Use small artichokes for this. Remove stalk and outer leaves, and cook in a casserole with equal parts of olive oil and water, 1 cup of each, 2 sliced onions and 2 peeled tomatoes. Add salt, cover and cook fairly quickly for  $\frac{1}{2}$  hour. Serve from the casserole in their own sauce.

### **JERUSALEM ARTICHOKEs**

Wash and peel artichokes. Cook in boiling salted water for 15 to 20 minutes, or until soft. Strain and add a sauce made from 2 tablespoons melted butter, juice of 1 lemon, 2 tablespoons chopped parsley, salt and pepper. Heat the artichokes in this sauce for 3 minutes and serve.

They can also be served with a béchamel sauce (p. 114) or a cheese sauce (p. 116).

### **ASPARAGUS**

Cut the ends off the asparagus stalks and tie them into regular bundles. Boil them, tips uppermost, in salted boiling water for about 15 to 20 minutes, depending on size and age. Drain well and serve with melted butter, or a sauce hollandaise (p. 118). If eaten cold, use a sauce vinaigrette (p. 123). In Italy they

serve asparagus with grated Parmesan cheese, but in my opinion this ruins their delicate flavour.

### ASPARAGUS À LA BONNE FEMME

(can be served as an entrée)

1 bundle asparagus	1 minced onion
1 pint milk	1½ oz butter or margarine
1 head lettuce	2 tablespoons flour
1 egg	1 teaspoon lemon juice
salt and pepper	sprig of thyme

Wash and cut the inedible ends off the asparagus stalks, and tie into small bundles. Bring milk to boiling point, add asparagus, onion, lettuce, shredded, chopped thyme and salt and simmer for 20 minutes. Melt the butter, add flour, and pour over the milk (strained) that the asparagus was cooked in. Stir constantly and cook for 10 minutes very gently. Beat the egg lightly and stir it into the sauce, but on no account reboil. Season and add lemon juice. Pour over the asparagus and lettuce and sprinkle a little chopped parsley on top.

### AUBERGINES

See Eggplant (p. 102).

### BEANS À LA MAÎTRE D'HÔTEL

(French or Runner variety)

Cut the heads and tails and remove the stringy edge. Cut in a slantwise direction if desired but it is not necessary. Cook in boiling salted water for 15 minutes. Strain, return to saucepan, and add 2 oz butter or margarine, juice of ½ lemon, some chopped parsley and salt and pepper. Toss over a low flame for a few minutes and serve.

### BROAD BEANS WITH SAVORY

It is essential to use young broad beans as the skins of old broad beans are uneatable.

Shell the beans and cook them uncovered in salted boiling water, adding a teaspoon of brown sugar and a knob of butter



for 15 to 20 minutes, less if they are very young. Strain, and add a sauce made from 2 oz melted butter, juice of  $\frac{1}{2}$  lemon, some chopped savory (seeds obtainable from the Herb Farm Ltd, Seal, Sevenoaks) and salt and pepper.

#### BROAD BEANS PAYSANNE

Boil the beans as in the preceding recipe. Fry some chopped bacon rashers in a saucepan until lightly browned, then add the beans, 1 oz butter and 2 tablespoons of chopped parsley. Shake them all together in the pan and serve hot.

Broad beans can be served with a parsley sauce (p. 120).

#### BEETROOT BAKED WITH SOUR CREAM SAUCE

Wash beetroots carefully, taking care not to damage the outer skin. Should the skin be accidentally torn cover with a little flour and water paste, otherwise the roots will bleed and they will become white and tasteless. Put in a baking dish with 1 cup water and bake slowly for 3 hours. Rub off skin whilst they are still warm.

##### *Sauce ingredients*

2 oz butter or margarine	$\frac{1}{2}$ cup cream or evaporated milk
1 tablespoon flour	1 teaspoon sugar
$\frac{1}{2}$ cup water beets were cooked in	salt and pepper
$\frac{1}{4}$ cup vinegar	

Melt butter, add flour and stir in the beetroot water. Stir constantly on a low flame. Add other ingredients, cook for 5 minutes and pour over beetroots.

#### BROCCOLI

(Purple or White Sprouting)

Trim broccoli, cutting off the very thick part of the stalk. Put into boiling salted water and cook for 10 to 15 minutes or until tender. Remove with a slice taking care not to damage the heads. Serve with melted butter and a teaspoon of tarragon vinegar, or hollandaise sauce (p. 118) or a béarnaise sauce (p. 114). It is very good eaten cold with an oil and vinegar dressing (p. 121).

## BRUSSELS SPROUTS AND CHESTNUTS

Remove bottom and outer leaves from the sprouts and cook in boiling salted water for 10 to 15 minutes, then drain them. The chestnuts should have been pricked and boiled for 30 minutes and the skins removed. Melt a little butter or margarine in a pan, add the sprouts and a cupful of broken up chestnuts. Toss in the butter for a few minutes and add a tiny pinch of nutmeg.

## BRUSSELS SPROUTS AND CELERY SAUCE

Prepare and cook sprouts as in preceding recipe. Melt 2 oz butter or margarine in a pan, add 1 tablespoon flour and 1 cup warm milk. Stir well and add 3 stalks of finely chopped celery and salt and pepper. Pour over the sprouts and bake in a moderate oven for 20 minutes.

This dish can be prepared some time before it is needed and can be reheated in the oven. In this event bake it for 20 minutes.

## SMOTHERED CABBAGE

- |                           |                     |
|---------------------------|---------------------|
| 1 large cabbage, shredded | 1 cup milk          |
| 2 oz butter or margarine  | 2 tablespoons flour |
| salt and pepper           | pinch of nutmeg     |

Melt butter, add flour and add warm milk gradually, stirring constantly. Season to taste, add cabbage and a pinch of grated nutmeg. Mix well, cover and cook over a very low flame for 30 minutes. If the cabbage is cooked in a casserole in the oven, cook for 40 to 50 minutes.

## BRAISED CABBAGE

- |                          |   |
|--------------------------|---|
| 1 cabbage                | $\frac{1}{2}$ cup chicken stock or substitute |
| 2 oz butter or margarine | 1 teaspoon cornflour                          |
| $\frac{1}{2}$ cup milk   | salt and pepper                               |

Cut the cabbage into long strips but do not shred, and place in boiling water for 2 minutes, then strain it. Melt butter in a pan, add the cabbage and cook for a few minutes. Pour over the stock, dissolve the cornflour in the milk and add that to the cabbage. Season to taste, stir well and cook for 6 minutes.

## CABBAGE BRAISED IN BUTTER

Shred the cabbage and put in boiling water for 2 minutes, then drain. Put in a casserole with  $\frac{1}{2}$  cup melted butter or margarine and a good sprinkling of grated nutmeg on top. Cover and cook in a moderate oven for 20 minutes.

## HOT SLAW

- |  |                              |
|--|------------------------------|
| 1 small cabbage                        | 2 egg yolks                  |
| 1 oz butter or margarine               | $\frac{1}{4}$ cup cold water |
| $\frac{1}{4}$ cup hot tarragon vinegar | salt and pepper              |

Mix the egg yolks, lightly beaten, with the melted butter, water, vinegar and salt. Cook in a double boiler or over hot water, stirring constantly until thickened. Add the cabbage, shredded, and cook very gently for 6 minutes.

## ALSATIAN RED CABBAGE

- |                 |                        |
|-----------------|------------------------|
| 1 red cabbage   | 2 glasses red wine     |
| 1 onion         | 1 dessertspoon vinegar |
| 2 bacon rashers | salt and pepper •      |

Shred the cabbage finely and place in boiling water for 2 minutes, then drain. Fry the finely chopped bacon rashers and the sliced onion; add the cabbage, vinegar, salt and pepper and the wine. Cover and cook very slowly for about 3 hours.

## RED CABBAGE AND APPLES

- |   |   |
|---|---|
| 1 red cabbage   | 3 bacon rashers                                   |
| 2 apples  | 1 onion   |
| $\frac{1}{4}$ cup water or stock  | 2 cloves  |
| $\frac{1}{2}$ glass red wine (if wine is not used,<br>increase amount of water) | $\frac{1}{2}$ teaspoon allspice (in a muslin bag) |
| salt and pepper   | 3 tablespoons vinegar                             |
|   | 1 tablespoon brown sugar                          |

Fry chopped bacon rashers with the sliced onion and apples. Add the shredded cabbage water or stock, wine, salt and pepper. Let it come to the boil very gently, then add vinegar, sugar and spices. Cover and cook for about 3 hours. A little more vinegar can be added just before serving if a tart flavour is liked.

## GERMAN CARROTS

6 carrots	3 oz butter
1 onion	1 tablespoon flour
1 pint stock	chopped parsley
nutmeg	salt and pepper

Heat 1 oz butter and add the sliced carrots, onion, parsley and a pinch of grated nutmeg. Cook gently for a few minutes. Add stock, salt and pepper, cover and cook for 20 minutes. In another saucepan, melt the rest of the butter, add the flour and let it brown. Pour over the stock the carrots have cooked in, stir well and bring to boiling point. Add the carrots, cover, and cook very gently until the carrots are tender.

## CARROTS BRAISED WITH BACON

1 bunch carrots	2 oz butter or margarine
3 rashers bacon	chopped parsley
1 onion or 2 small ones	salt and pepper

Clean the carrots and cut them into quarters, or less if they are very large. Fry the chopped bacon, add sliced onion and carrots. Season to taste, put in a casserole, cover and cook in a slow oven for about  $\frac{3}{4}$  hour or until they are tender. Sprinkle with parsley before serving.

## CANDIED CARROTS

1 bunch carrots	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup butter or margarine	salt

Clean carrots and cut into quarters. Put into boiling salted water and cook for 15 minutes, then strain. Melt the butter in a frying pan, add the sugar and stir until melted. Add the carrots, and cook until they are well glazed, turning over constantly so that all sides are done.

## CARROTS, MINT GLAZED, WITH PEAS

1 bunch carrots	1 tablespoon chopped, fresh mint
2 cups peas, cooked or tinned	leaves
$\frac{1}{2}$ cup butter or margarine	salt and pepper
$\frac{1}{2}$ cup white sugar	

Clean carrots and cut into quarters, then in half across. Put into boiling salted water and cook for 15 minutes, then strain. Melt the butter, add sugar, mint and salt and pepper. Add the carrots and cook slowly until they are well glazed. Just before they are ready add the peas, let them heat up but do not continue cooking.

#### CARROTS COOKED WITH CREAM

1 bunch carrots (as young as possible)     $\frac{1}{2}$  cup butter or margarine  
 $\frac{1}{2}$  cup cream    salt and pepper

Melt butter in saucepan, add carrots cut into half and turn over and over until they are well coated. Add salt and pepper. Cover and cook very slowly for about 30 minutes, or until tender. Shake the saucepan from time to time. Just before serving add cream.

#### CAULIFLOWER AU GRATIN

1 cauliflower    1 tablespoon flour  
1 oz butter or margarine    1 cup warm milk  
 $\frac{1}{2}$  cup grated cheese    salt and pepper  
1 sprig chopped thyme

Remove the old outer leaves and the hard stalk. Cook in boiling salted water, head up, for about 20 minutes or until tender. Drain and keep warm. Melt the butter, stir in the flour, and add the warm milk, stirring constantly. Add pepper, cheese and chopped thyme. Cook gently, stirring all the time for 7 minutes. Pour over the cauliflower and brown under a hot grill. Thyme can be omitted if not available.

#### CAULIFLOWER OR CELERIAC FRITTERS

1 cold, boiled or steamed cauliflower    3 oz flour  
or celeriac    1 tablespoon olive oil  
white of 1 egg     $\frac{1}{2}$  cup tepid water  
chives and parsley chopped    cooking fat or lard  
salt and pepper

Divide cold cauliflower into flowerlets and sprinkle with chopped chives and parsley, salt and pepper. Mix the flour,

salt water and olive oil into a smooth paste and let it stand for about 1 hour before stirring in lightly the stiffened egg white. Dip the pieces of cauliflower or celeriac in the batter and fry in deep hot fat.

#### CAULIFLOWER WITH CREAM SAUCE AND WALNUTS

1 cauliflower	1 cup warm milk
1 oz butter or margarine	$\frac{1}{2}$ cup finely chopped walnuts
1 tablespoon flour	salt and pepper
breadcrumbs	

Cook the cauliflower, and make a white sauce as in recipe for cauliflower au gratin – omitting cheese and thyme. Put in an ovenproof dish, sprinkle with chopped walnuts and breadcrumbs and bake in a moderate oven until the breadcrumbs are brown.

#### BRAISED CELERY\*

2 or 3 heads of celery	1 pint stock or substitute
$\frac{1}{2}$ wineglass sherry	2 oz butter
1 teaspoon lemon juice	parsley and thyme
salt and pepper	

\* For pressure cooking the time is 15 minutes

Clean and trim the celery, put into cold water, bring to boil and strain. Put in a casserole with the stock, butter, sherry, lemon juice and chopped herbs. Season to taste. Cover and cook in a slow oven for 1 to 1½ hours or until celery is tender.

If a thick sauce is liked, melt 1 oz butter, add 1 tablespoon flour and add the stock from the celery. Pour over the celery and serve.

#### PICKLED CELERY

1 head celery	1 tablespoon olive oil
1 tablespoon vinegar	1 tablespoon soy sauce†
salt	

Clean and trim the celery, cut into fairly thick strips, bring to the boil in cold salted water and strain. While it is still hot add the vinegar, olive oil, soy sauce and salt. It can be eaten hot or

† See page 7, footnote 2.

cold and will keep for some days if the celery is covered by the sauce.

This recipe can be used for radishes or turnips.

#### CORN ON THE COB

Eat as fresh as possible, and when the corn is young. Remove husks and silky threads, throw into boiling unsalted water and cook for 15 to 20 minutes. Drain well and serve with salt and butter. If desired the corn can be cut from the cob and mixed with cream, salt and pepper.

#### SUCCOTASH

Use either fresh corn cut from the cob or a tin of corn. Mix with an equal quantity of lima beans or fresh shell beans. Add butter, cream, salt and pepper. Serve hot. Succotash is excellent served with ham, bacon or chicken.

#### CORN FRITTERS

1 tin creamed corn or equivalent of fresh corn	paprika cooking fat or lard
1 egg	$\frac{1}{2}$ cup flour
salt	$\frac{1}{2}$ teaspoon baking powder

Drain corn and chop if fresh. Add flour, salt, a pinch of paprika and baking powder. Add egg yolk beaten until thick, then fold in stiffened egg white.

Melt plenty of cooking fat until very hot. Dip a spoon into the fat, then take spoonfuls of the corn mixture and lower gently into the fat without spattering. Cook until nicely browned, remove with an egg slice and drain on tissue paper.

#### CUCUMBER SALAD

Skin cucumber, slice thin and cover thickly with salt. Leave for a few hours. Strain off the water and add a dressing made from 1 teaspoon sugar,  $\frac{1}{4}$  teaspoon mustard, 3 tablespoons olive oil and 1 tablespoon tarragon vinegar. Allow to stand about 10 minutes before serving.

## EGGPLANT BAKED

Skin the eggplant and marinade for  $\frac{1}{2}$  hour in olive oil and vinegar. Drain and spread with butter. Bake in a moderately hot oven for 15 minutes, turning once. Sprinkle with lemon juice and serve.

## EGGPLANT CREOLE

1 large eggplant	3 peeled tomatoes
6 spring onions	1 clove garlic
1 heaped teaspoon tomato purée	chopped parsley
olive oil	salt and pepper
grated cheese	

Peel the eggplant and cut into slices. Cook in a little boiling water for 7 minutes. Heat a little olive oil and fry lightly the sliced spring onions, garlic and tomatoes. Season to taste. Transfer them to a casserole, add the eggplant, chopped parsley and the tomato purée to which you have added 2 tablespoons water. Cover with grated cheese and bake in a moderate oven until it is browned.

See also Macaroni Siciliana (p. 22).

## LEEKs NORMANDE

Trim and well wash some young leeks and cut them into 1 inch pieces. Chop 3 rashers bacon and brown them with 1 oz butter or pork fat. Add the leeks,  $\frac{1}{2}$  cup stock or water, season well, cover and simmer for  $\frac{1}{2}$  hour.

Leeks are delicious if cleaned and cooked in boiling salted water for 20 minutes or until tender. Strain, let them get cold and serve with a French dressing as in the cucumber salad recipe (p. 101).

## WILTED LETTUCE

1 cos or firm cabbage lettuce	3 rashers bacon
$\frac{1}{2}$ cup vinegar	1 onion
salt	1 heaped teaspoon sugar

Choose a good firm lettuce, wash well, drain and break it into about 2 inch pieces with your fingers. Dice the bacon in a pan and add the sliced onion. Fry until nicely browned, then add



vinegar, sugar and salt. Stir well and throw it hot over the lettuce. Eat immediately.

#### LETTUCE WITH MELTED BUTTER SAUCE

Wash and drain several young lettuce hearts. Melt 2 oz butter and whilst still hot pour over the lettuce hearts. Serve at once.

#### MARROW RATATOUILLE

Peel and remove seeds from a medium sized vegetable marrow. Cut it up into smallish cubes, mix with 1 large sliced onion, 3 peeled tomatoes and a clove of garlic. Put the whole lot in a casserole, season well and add 1 tablespoon olive oil and  $\frac{1}{2}$  cup milk. Bake in a moderate oven for 35 minutes.

#### STUFFED VEGETABLE MARROW

(See p. 19)

#### MUSHROOMS BRAISED IN WINE

Peel and trim the mushrooms. Melt 2 oz butter in a pan and add the mushrooms cut in half. Season well, and cook them slowly for 15 minutes. Sprinkle a tablespoon of flour over and let it brown. Add 1 wineglass white wine, and let them simmer gently in this until the sauce is thick. Sprinkle with a little chopped parsley before serving.

#### MUSHROOM PURÉE

Peel and trim the mushrooms, then chop them very finely, the stalks as well as the tops. Melt some butter and cook them very slowly in it until they are soft. Season with pepper and salt, sprinkle 1 dessertspoon cornflour over, add  $\frac{1}{2}$  glass sherry and 2 tablespoons cream. This can either be eaten hot, or allowed to get cold and used as a filling for vol-au-vent cases or as a garnish for many meat or fish dishes.

#### PRESERVED MUSHROOMS

Peel the mushrooms and put them in cold water with the juice of  $\frac{1}{2}$  a lemon. Leave them for 10 minutes. For 1 lb mushrooms

allow 3 oz butter. Dry the mushrooms and add them to the melted butter with the rest of the lemon juice. Simmer them over a very slow flame until the liquor has boiled away and they are quite dry, but be careful not to let them stick to the pan. This will take about 40 minutes. Put the mushrooms into jars and pour clarified butter over. Cover tightly and they will keep for some time. To use again simply melt them in a pan and they are ready for use.

#### ONIONS BAKED IN THEIR JACKETS

One of the simplest and most delicious ways of cooking an onion. Leave all the skin intact, and choose good large onions. Place in a baking tin and bake in a slow oven for about 2 hours or until the onion is soft to the touch. Remove the brown skin and serve with a little salt, pepper and butter.

#### ONION RINGS IN BATTER

Cut large onions into  $\frac{1}{4}$  inch slices and separate into rings. Dip in the batter mixture as for Cauliflower Fritters (p. 99), and fry in deep, hot fat. Drain on tissue paper and sprinkle with salt.

#### BRAISED ONIONS

If possible choose onions of a similar size. Peel, and put them in a casserole with 2 cups of stock or substitute, some salt and pepper and a dot of butter or margarine on each onion. Cover and cook in a slow oven until they are tender and almost all the stock has been absorbed. If this should occur before the onions are cooked, add a little more stock.

#### CANDIED PARSNIPS

See Candied Carrots (p. 98).

#### SAUTÉED PARSNIPS

Cut cold, boiled parsnips into quarters, and if long, in half again. Sauté in butter until nicely browned, and sprinkle with salt and pepper.

## PARSNIP FRITTERS

Cut into 3 inch pieces, dip in batter (p. 99), and fry in deep, hot fat.

## PEAS AU LARD

(young peas are essential to this dish)

Dice 3 rashers of bacon and fry lightly in 1 oz butter. Add the peas, 2 tablespoons water and 1 teaspoon sugar. Add also the heart of a lettuce and some chopped parsley and mint. Cover and simmer gently until peas are cooked.

## PEAS FRANÇAISE

Shell the peas and slice 2 medium onions finely. Put in a saucepan with 2 oz butter or olive oil, pepper and salt and 2 tablespoons water. Simmer very gently for 40 minutes then stir into the peas 1 well beaten egg and  $\frac{1}{2}$  teaspoon powdered sugar. On no account reboil and serve sprinkled with finely chopped mint.

## IRISH PEASE PUDDING\*

Soak the yellow split peas overnight. Slice an onion and mix with the drained peas, also a diced rasher of bacon. Tie in a floured cloth and cook with the ham or bacon for 2 or 3 hours. Turn out into a hot dish, add salt and pepper and 1 teaspoon of Worcestershire sauce. Mix well.

\* For pressure cooking the time is 15 minutes

## BAKED POTATO AÏOLI

Choose large, sound potatoes and scrub the skins well. Prick with a fork and bake in a moderate to slow oven for about 2 hours. Cut in half and serve with an aïoli which is made as follows. Break an egg and separate it carefully, leaving no trace of the white. Add some olive oil, a drop at a time, to the yolk, stirring constantly, until you have the required amount of sauce. Add salt and pepper and one or two, according to size, pounded garlic cloves. Should the sauce become too thick add a few drops of tarragon vinegar. If the sauce does not thicken, break another egg and start over again, adding the first mixture drop by drop.

## STUFFED BAKED POTATOES

Bake the potatoes as in the preceding recipe. Whilst still hot cut in half lengthwise and scoop out the centres into a bowl. Add a little melted butter or margarine, some grated cheese, chopped chives, parsley or other herbs, garlic, salt and pepper,  $\frac{1}{2}$  teaspoon tomato purée if you have it, in fact anything you have to hand. A little chopped ham or bacon is very good. Mix well and replace the mixture in the cases.

Stuffed baked potatoes can be prepared in the morning and re-heated for dinner without any loss to the taste. In that case dot with butter or margarine before reheating in a moderate oven for 20 minutes.

## PURÉE OF POTATOES

The only way to get a really good purée is to use hot milk. Peel and boil the potatoes in the usual manner. Mash well, a masher is much better than a fork, add a good knob of margarine, salt, pepper and the hot milk. Wh'p them over a very low heat until they are the consistency of a thick cream. Sprinkle with paprika and/or chopped parsley.

## POTATOES DUCHESSE

Cold mashed, or puréed potatoes are ideal for this method. Add melted butter or margarine, and the beaten yolk or yolks of eggs. Put in an ovenproof dish, brush over with a little egg yolk and bake until browned in a hot oven. Alternatively, they can be cut into shapes, placed on a greased baking tin and then baked. A little cooked spinach can be added to the potatoes if available.

## POMMES ANNA

No cook book is complete without pommes Anna, surely the most extravagant and delicious way of preparing the potato. The only drawback is a good supply of butter. Margarine just will not do.

Peel the potatoes, and cut them into thin rings. Then soak them in water for at least 10 minutes. Butter a covered casserole well, and place the drained potatoes in layers. Season each layer well, and dot over lavishly with butter. When the

casserole is full, spread thickly with more butter, cover tightly and cook in a slow oven for 40 minutes. At the end of that time, take out and turn the 'cake', replace lid and return to the oven for a further 40 minutes. Drain off any excess butter and serve very hot.

#### POTATOES DAUPHINOISE

This is a good substitute for *pommes Anna*, and delicious in its own right. Peel the potatoes and cut into thin rings, then soak in water for 10 minutes. Meanwhile grate about a cup of cheese, and heat a cup of milk with a good slice of butter or margarine. Arrange the potatoes in layers in a buttered casserole, season well with salt and pepper, a little cheese and half a chopped clove of garlic. Repeat this operation until the dish is full, pour over the warm milk and sprinkle the rest of the grated cheese over. Do not cover. Bake in a moderate oven for 45 minutes.

#### POTATOES O'BRIEN

cold whole boiled potatoes	2 oz butter
$\frac{1}{2}$ sliced onion	chopped parsley
3 tinned pimentos	salt and pepper

Dice the potatoes and fry in the melted butter, remove and keep warm. Fry the half sliced onion and the chopped pimentos, until the onion is lightly browned. Add the potatoes, mix well, and serve with chopped parsley or chives.

#### POTATOES BOULANGÈRE

Fry some sliced onions lightly, and add to some raw sliced potatoes. Season very well, add one cup of meat stock and bake in a moderate oven for 45 minutes.

#### HUNGARIAN POTATOES

This is almost a winter luncheon dish on its own. Peel and slice some potatoes and put a layer into a casserole. Add a layer of sliced onion, chopped bacon or any meat scraps you may have, and salt and pepper. Repeat until casserole is full. Add  $\frac{1}{2}$  cup of

warm milk to which a teaspoon of paprika pepper or curry powder has been added. Bake for 1 hour in a moderate oven.

#### POTATO PANGAKES

3 medium sized raw potatoes	1 tablespoon milk
1 tablespoon flour	$\frac{1}{2}$ cup grated cheese (not essential)
1 egg	salt and pepper

Grate the potatoes, and add the other ingredients. Mix well. Heat plenty of fat in a frying pan and cook by spoonfuls in the hot fat. Turn to brown on both sides. Excellent served with crisp bacon or sausages. Cheese can be omitted if desired.

#### POTATO CAKES

cold boiled potatoes (to 6 medium	cooking fat
potatoes use 2 tablespoons	3 bacon rashers (not essential)
flour)	salt and pepper

Mix and mash potatoes with the flour and salt and pepper, and shape into small flat cakes. If liked, dice the bacon and press into the cakes; however, the bacon is not essential. Heat the fat and fry cakes on both sides until they are golden brown.

#### NEW POTATOES TOSSED IN BUTTER

Boil the new potatoes with a little fresh mint in the usual manner. Melt about 2 oz butter in a pan and toss the potatoes in it until they are well browned. Sprinkle with a mixture of chopped parsley, chives and mint.

#### POTATO SALAD

Boil as many potatoes as are needed in their jackets. (If left without peeling they will not turn black and can be skinned just before preparing the salad.) Peel and cut into cubes, and add a little chopped garlic. Pour 1 tablespoon olive oil and 1 tablespoon tarragon vinegar over, mix well and allow to stand for at least  $\frac{1}{2}$  hour. Now put  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  teaspoon sugar and a little salt in a bowl. Add the yolk of an egg, mix thoroughly and

add 1 tablespoon vinegar very gradually, stirring constantly. Whip in 3 tablespoons olive oil, drop by drop, until mixture thickens. Then add a further 3 tablespoons olive oil, 1 teaspoonful at a time. If mixture fails to thicken, break another egg and begin operation again, adding the mayonnaise very gradually. Pour this over the potatoes, mix well and garnish with a little chopped parsley, chives and paprika.

*Note.* If eggs are scarce or the labour of mayonnaise making is too arduous, use the following substitute recipe.

Mix 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon mustard and a little salt together. Add 2 tablespoons olive oil and 1 tablespoon tarragon vinegar. Mix well. Then add 2 good tablespoons of a prepared bottled mayonnaise. Stir together and pour over potatoes as in preceding recipe.

#### SEAKALE

Trim and wash the seakale well, and tie into bundles. Put in boiling salted water and let it boil for 25 minutes. Drain, untie the bundles and serve with melted butter.

Seakale is really better if steamed. In that case, allow almost twice the cooking time. Other sauces are served with it, but I am of the opinion that they are too strong for the delicate seakale flavour.

#### SPINACH

Pick off the stalks and wash well in cold water, until free from grit. Put it in a saucepan with salt and 2 tablespoons water, and boil uncovered for 15 to 20 minutes, turning and pressing down with a spoon. Turn out into a colander and squeeze all water out. If liked puréed, put through a sieve. Reheat with 1 oz butter, and before serving pour 1 dessertspoon tarragon vinegar over.

If the spinach is puréed, add 2 good tablespoons of cream.

#### TOMATO SALAD

Peel tomatoes by putting them first in hot water and proceed as for Cucumber Salad (p. 101).

**CURRIED GREEN TOMATOES**

2 tablespoons butter

6 green tomatoes

1 minced onion

1 dessertspoon curry powder

salt

Melt the butter, add grated onion, and cook until yellow. Add curry powder, tomatoes sliced and salt. Cook slowly for 20 minutes.

**TURNIPS**

Use all recipes suggested for carrots and parsnips.

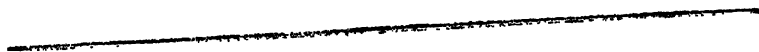
**PICKLED TURNIPS**

See Pickled Celery (p. 100).





## **S A U C E S**





## **S A U C E S**

### **AÏOLI SAUCE**

(served with vegetables, cod and snails)

Break an egg and separate it carefully, so that no trace of the white remains. Add some olive oil, a drop at a time, to the yolk, stirring constantly, until you have the required amount of sauce. Season with salt and pepper, and 1 or 2, according to size, pounded garlic cloves.

Should the sauce become too thick, add a few drops of tarragon vinegar. If the sauce does not thicken, break another egg and start over again, adding the first mixture drop by drop.

### **AMIRAL SAUCE**

(served with fish, mostly boiled or steamed)

To 4 oz melted butter add 2 well-pounded anchovy fillets, some chopped chives, a tablespoon of chopped capers, and  $\frac{1}{2}$  lemon peel finely grated. Simmer slowly until the anchovies are well blended with the butter. Add the juice of a lemon and pepper and salt. Serve hot.

If you have cream available, stir in finally 2 tablespoons, but do not let it re-boil.

### **APPLE SAUCE**

(served with pork, goose or duck)

Simmer about 4 peeled and sliced apples with  $\frac{1}{2}$  cup water, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon cinnamon and a knob of butter or margarine. When they are cooked mash them well with a fork.

### **BÂTARDE SAUCE**

(served with meat, poultry, fish or vegetables)

Melt 1 oz butter or margarine in a pan and stir in 1 tablespoon flour. Mix well and add  $\frac{1}{2}$  cup salted hot water. Stir vigorously and add the yolk of an egg which has been beaten up in 1 spoonful of cold water. Draw to the corner of the stove and whip all the time whilst adding a further 3 oz butter

bit by bit. Season to taste and add a trickle of lemon juice before serving.

### BÉARNAISE SAUCE

(served with grills, veal, broccoli, etc)

3 oz butter	1 or 2 shallots
3 yolks of eggs	fresh tarragon leaves or 1 teaspoon
2 tablespoons white wine	tarragon vinegar
2 tablespoons cold water	salt and pepper

Simmer gently the chopped shallots and chopped tarragon leaves in the wine, until it has almost evaporated. Then add the cold water. Strain the liquid off and put aside. Put the carefully separated egg yolks in a basin over almost boiling water, add the herb and wine liquid and whisk very gently whilst adding the butter by degrees. On no account let the sauce boil, and beat steadily until it is the texture of mayonnaise. Should the sauce curdle, remove from the fire and add a teaspoon of cold water and whip vigorously until it is thick and smooth. Serve hot.

### BÉCHAMEL SAUCE

(served with vegetables and a basis for many other sauces—mushrooms, cheese, parsley, herbs, hard-boiled eggs, ham or whatever is liked may be added)

2 oz butter or margarine	$\frac{1}{2}$ pint warm milk
1 tablespoon flour	salt and pepper

Melt the butter in a saucepan, stir in the flour and pour the warm milk in gradually. Stir constantly until the sauce is thick and creamy. Season to taste. If a rich béchamel is required, add the beaten yolk of an egg after removing the sauce from the fire.

### BEURRE NOIR SAUCE

(served with eggs, fish, sweetbreads and brains)

Melt 2 oz butter until it is browned, add 2 tablespoons vinegar and 1 dessertspoon capers.

**BEURRE MANIÉ**

For use when a sauce should only be slightly thickened. It is a piece of butter the size of a large walnut, squashed in flour or cornflour. Add to the sauce a few minutes before serving, allowing time for the flour to cook.

**BUTTERS***Anchovy Butter*

(served with fish)

Fillets of anchovies worked into butter, cut into cubes and put on top of the fillets.

*Bercy Butter*

(served with fish or meat)

Finely chopped shallots worked into butter and cut into small cubes.

*Colbert Butter*

Chopped parsley, tarragon and a squeeze of lemon mixed with butter.

*Maître d'Hôtel Butter*

Chopped parsley, chives and a squeeze of lemon worked into butter.

*Shrimp Butter*

Pounded shrimps worked into butter.

*Ravigote Butter*

Shallots, tarragon, chives and burnet chopped finely and worked into butter.

**BORDELAISE SAUCE**

(served with roast beef, pork, ham or duck)

2 rashers streaky bacon	sprig of thyme and parsley
1 carrot	1 small bayleaf
1 onion	1 shallot
1 wineglass red wine	1 clove garlic
6 peppercorns	1 cup brown stock
salt and pepper	beurre manié

Put the rashers of bacon in a saucepan, cover with cubed carrot and onion, chopped thyme, parsley and bayleaf and simmer very gently until they are cooked. Then add the wine, shallot, peppercorns, garlic and seasonings. Cook gently until gravy is brown and a little sticky. Add the stock, boil up, skim off any surface fat and strain. Return to saucepan, add a *beurre manié* (butter squashed in flour) and let the sauce reduce a little.

#### CHEESE SAUCE

(served with hard-boiled eggs, fish, cauliflower, potatoes, marrow and many other vegetables)

Follow directions for béchamel sauce (p. 114), and when completed add 1 cup grated cheese. Heat very gently for a few minutes, but do not boil.

#### CIDER SAUCE

(served with ham and tongue)

See Ham boiled in Cider (p. 69).

#### GREOLE SAUCE

(served with grills, ham, fish and any re-cooked dish such as rissoles, etc)

1 onion	1 green pepper
2 ozs mushrooms	2 oz butter
6 stuffed olives	1 cup brown stock or gravy
1 tablespoon sherry	salt and pepper
2 peeled tomatoes	

Melt the butter in a pan, and add the onion and pepper finely chopped. Cook for 5 minutes. Add tomatoes and mushrooms sliced, olives and simmer gently for a further 5 minutes. Add stock and sherry and bring to boiling point.

#### CUCUMBER SAUCE

(served with cold fish, especially salmon)

See that all ingredients are very cold before beginning to make the sauce. Peel and grate the cucumber. Beat  $\frac{1}{2}$  cup cream until

thick and add 2 tablespoons tarragon vinegar gradually, beating all the time. Season, and just before serving mix in the cucumber.

#### CURRY SAUCE

(served with meat, fish, eggs or vegetables)

See Curried Eggs (p. 15).

#### CURRANT MINT SAUCE

(served with lamb, duck or venison)

See Lamb with Currant Mint Sauce (p. 62).

#### ESPAGNOLE OR SPANISH SAUCE

(served with meats, and is used as a basis for many other sauces)

1 oz butter	1 oz bacon, or scraps of ham, raw
1 oz flour	veal, or game
1 onion	1 carrot
1 clove	parsley, thyme and $\frac{1}{2}$ bayleaf
2 mushrooms (optional)	1 pint stock or substitute
salt and pepper	1 tablespoon sherry

Melt the butter in a pan, add bacon or meats, chopped, the sliced carrot, mushroom and onion and let them cook gently for about 7 minutes. Sprinkle in the flour and brown it gently. Pour over the stock, season to taste and add the herbs and sherry. Cover, bring to the boil and cook very slowly for about  $1\frac{1}{2}$  hours. Let the sauce cool, skim off the fat and strain through a sieve. Reheat if you wish to serve it immediately, otherwise bottle and keep in a refrigerator until needed.

#### GOOSEBERRY SAUCE

(served with mackerel or cold pork)

Cook  $\frac{1}{2}$  lb gooseberries in a little water until tender. Then put through a sieve. Add 1 oz butter or margarine, 1 tablespoon sugar, a grating of nutmeg and a little salt. Reheat and serve immediately.

## GRIBICHE SAUCE

(served with cold fish)

Pound up the yolks of 2 hard-boiled eggs with 3 tablespoons olive oil added bit by bit. Then stir in 1 teaspoon at a time, 1 tablespoon tarragon vinegar. Add a few chopped gherkins, capers, parsley and tarragon. Finally add the hard-boiled egg whites sliced matchstick thin. Mix well and serve well chilled.

## HOLLANDAISE SAUCE

(served with fish and certain vegetables such as broccoli)

Separate the yolks from the whites of 2 eggs, taking care that no white remains and put in a basin over hot, not boiling, water. Drip in, drop by drop, 2 oz melted butter stirring all the time until the mixture thickens. Then add a further 2 oz butter cut in small pieces. Finally add 1 teaspoon tarragon vinegar very gradually, and salt and pepper. If a really rich hollandaise is desired stir in  $\frac{1}{2}$  cup cream.

As a variation on the hollandaise, omit the tarragon vinegar and add instead,  $\frac{1}{2}$  grated orange peel and the juice of  $\frac{1}{2}$  orange. This is known as Maltaise sauce.

If served with cold salmon try adding  $\frac{1}{2}$  cucumber, peeled and grated, just before serving.

## HORSERADISH SAUCE

(served with roast or boiled beef, fish and smoked trout)

Mix 3 tablespoons fresh grated horseradish with 1 dessertspoon castor sugar, then add 1 pinch powdered mustard, 2 tablespoons white vinegar, salt and pepper. Whip  $\frac{1}{2}$  pint cream and mix in gradually. Chill well before serving.

Another method is to make a béchamel sauce (p. 114) and to add  $\frac{1}{2}$  cup fresh grated horseradish and 1 of cream. Season, and simmer for a few moments.

## CHICKEN LIVER AND LEMON SAUCE

(served with boiled chicken)

Boil the chicken liver until firm and chop finely. Add the grated rind of 1 lemon, and sprinkle with a dessertspoon flour.



Melt 2 oz butter in a saucepan, add the chicken liver mixture and stir well. Season to taste, and finally add the juice of the lemon.

#### MAYONNAISE

(served with cold fish, meat and vegetables)

Break 1 egg or 2 if a lot of mayonnaise is required, and separate it carefully so that no trace of the white remains. Add some olive oil, a drop at a time, to the yolk, stirring constantly, until you have the required amount of sauce. Season with salt and pepper, a trickle of lemon juice or 1 teaspoon vinegar. Should the sauce not thicken properly, break another egg and start over again, adding the first mixture, drop by drop.

#### RED MAYONNAISE

Add the pounded coral of a lobster to the mayonnaise, and serve with lobster.

Horseradish can also be added for use with cold beef.

#### MAYONNAISE VERTE

Add chopped parsley, chives and tarragon.

#### MUSTARD SAUCE

(served with grilled herrings)

This is a béchamel sauce (p. 114), to which is added, 1 teaspoon French mustard, 1 English mustard and 1 tablespoon of the sauce from bottled piccalilli.

#### ORANGE SAUCE

(served with duck, goose or pork)

1 orange	$\frac{1}{2}$ pint espagnole sauce (p. 117)
$\frac{1}{2}$ pint stock or duck gravy	1 teaspoon redcurrant jelly
1 teaspoon lemon juice	salt and pepper

Peel the orange and cut it into matchstick strips, cover them with water and boil for 5 minutes, then strain, reserving the peel. Heat up the espagnole sauce and the juice of  $\frac{1}{2}$  orange, and let it reduce to half. Add the orange peel, lemon juice, redcurrant jelly. Season well and boil up again.

## PARSLEY SAUCE

(served with fish, meat and vegetables)

Make a béchamel sauce (p. 114) and add 2 tablespoons fresh chopped parsley.

## PIQUANTE SAUCE

(served with meat, especially pork)

2 oz butter	1 glass white wine
2 onions	1 teaspoon Bovril or 2 tablespoons
1 tablespoon flour	gravy
chopped parsley and tarragon	salt and pepper
2 gherkins	

Melt the butter and fry the onions sliced until they are golden. Add flour and let it brown slightly, then pour over the wine, gradually. Stir well until the sauce has a creamy consistency. Add the chopped gherkins, herbs and the Bovril or gravy. Season to taste and simmer for a further 10 minutes.

## PORTUGAISE SAUCE

(served with fish, meat or certain vegetables, especially marrow)

6 ripe tomatoes	1 teaspoon olive oil
2 cloves garlic	1 tablespoon tomato purée
3 tablespoons water	salt and pepper

Peel tomatoes and put in a saucepan with the chopped garlic, oil and salt and pepper. Cook until tender and add the tomato purée to which you have added the water.

## RAVIGOTE SAUCE

(served with cold fish or meat)

2 yolks of hard-boiled eggs	2 raw egg yolks
2 tablespoons olive oil	chopped chives
1 onion (chopped)	tarragon and parsley
1 teaspoon chopped capers	1 teaspoon French mustard
1 tablespoon wine vinegar	salt and pepper

Mash the hard-boiled egg yolks and add the beaten raw yolks to them, making a smooth paste. Add the mustard and olive oil very gradually, stirring constantly. Mix in the chopped herbs, capers, seasoning and vinegar. Serve very cold.

#### SALAD DRESSING

(served with green salads and vegetables)

Mix together 1 teaspoon sugar and  $\frac{1}{2}$  teaspoon dry mustard. Add salt and pepper. Stir in 2 tablespoons olive oil and 1 tablespoon tarragon vinegar. Add 1 clove of chopped garlic if liked.

#### ROQUEFORT SALAD DRESSING

To the above dressing add 1 tablespoon Roquefort cheese. Mash and mix well.

#### GREEN SALAD DRESSING

Add chopped chives, parsley and tarragon to the above dressing.

#### CREAM DRESSING

Stir in 2 tablespoons cream to the salad dressing.

#### SHRIMP SAUCE

(served with fish)

To  $\frac{1}{2}$  pint béchamel sauce (p. 114) add  $\frac{1}{2}$  pint picked shrimps, 1 teaspoon anchovy essence and a trickle of lemon juice.

#### SMITANE SAUCE

(served with veal and liver)

- Brown a sliced onion lightly in butter. Add 1 glass white wine and let it reduce slowly. Season to taste. Add  $\frac{1}{2}$  pint sour cream, or evaporated milk with the juice of a lemon dripped into it. Boil gently for a few minutes, and if real cream is used, add the juice of lemon just before serving.

## SOLATIA SAUCE

(served with boiled bacon, ham, salted beef or tongue)

1 oz butter or margarine	1 tablespoon capers
1 oz flour	2 tablespoons white wine
$\frac{1}{2}$ pint stock or substitute	chopped chives and parsley
salt and pepper,	$\frac{1}{2}$ teaspoon paprika

Melt the butter, and stir in the flour. Pour in the warm stock and stir until the sauce is smooth. Season, and add wine, capers, herbs and paprika.

SOUBISE SAUCE (*Onion*)

(served with meats, chicken and certain vegetables)

Melt 2 tablespoons butter or margarine and add about 6 small sliced onions, salt and pepper. Cover and cook gently until they are tender, but on no account brown them. Add 1 teaspoon sugar, and then pass through a sieve. Add  $\frac{1}{2}$  pint béchamel sauce (p. 114), blend well and simmer gently for a few minutes.

## SPAGHETTI SAUCE

4 tomatoes, or 2 tablespoons tomato purée	2 cloves garlic
1 slice ham	$\frac{1}{2}$ cup olive oil
sprig of thyme	1 onion
	salt and pepper

Heat the olive oil, and add the peeled tomatoes, garlic, onion, thyme and ham. Simmer slowly for about 40 minutes, season and serve with Parmesan cheese. If tomato purée is used, add 4 tablespoons water, but do not dilute too much as spaghetti sauce should be very thick.

## SWEET AND SOUR SAUCE

(served with pork and beef)

See Sweet and Sour Pork (p. 46).

## TARTARE SAUCE

(served with grilled or fried fish, cold boiled meats and salads)

To  $\frac{1}{2}$  pint mayonnaise sauce (p. 119), add 1 tablespoon chopped gherkins or capers, and 1 tablespoon chopped parsley. Season well. If home-made mayonnaise is not available, substitute with the bottled varieties.

## TOMATO SAUCE

(served with fish, meat, poultry, rice, spaghetti and gnocchi)

1 lb tomatoes	1 oz butter or margarine
1 onion or shallot	1 tablespoon flour
thyme and bayleaf	1 clove garlic
salt and pepper	

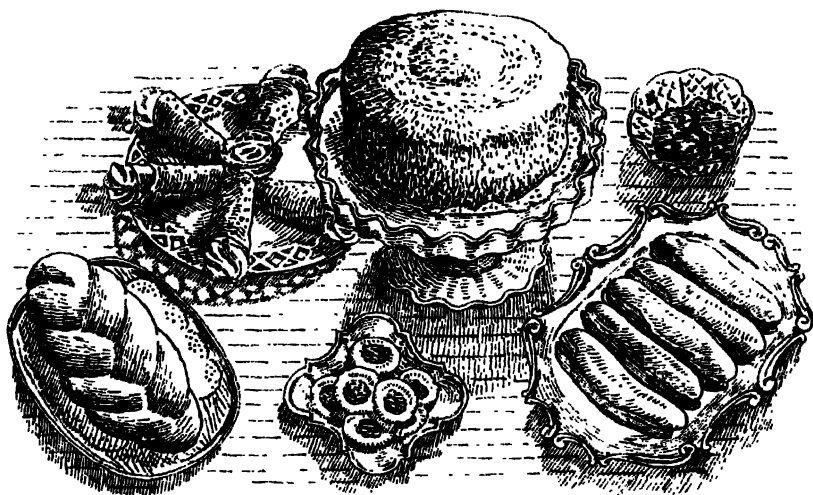
Melt the butter and add the sliced onion. Toss lightly but do not brown. Then add the herbs, garlic, seasonings and the tomatoes, peeled. Sprinkle the flour over, cover and boil gently for about 20 minutes.

## VINAIGRETTE SAUCE

(served with asparagus, artichokes, lEEKs, calf's head,  
brains, roast veal and many other meats)

Mix together 4 tablespoons olive oil, 2 tablespoons tarragon vinegar, and 1 tablespoon each chopped gherkins, capers, chives and parsley.





## MISCELLANY





## MISCELLANY

Neither my husband nor I are likers of sweets or puddings, preferring good fresh fruit to finish a meal. However, in deference to occasional friends whom I know to like them I make one or other of the following from time to time. Usually I prefer to use my butter and eggs in the preparation of the main dish.

### A GREEK SWEET

Mix together 1 cup honey, 1 cup sweetened condensed milk, 1 teaspoon cinnamon and  $\frac{1}{2}$  cup cream. Chill well and serve.

### NORWEGIAN PRUNE PUDDING

$\frac{1}{2}$ lb prunes	1 cup sugar
1 cup cold water	$1\frac{1}{4}$ cups boiling water
2 tablespoons cornflour	juice of 1 lemon
1 teaspoon cinnamon	good pinch of salt

Soak the prunes for at least 1 hour in cold water, then boil until soft in the same water. Stone the prunes, crack the stones, and remove the kernels. Add to the prunes the sugar, cinnamon, salt and boiling water and simmer for 10 minutes. Mix the cornflour to a smooth paste with the cold water, add to the prunes and stir constantly whilst cooking for 5 minutes. Add lemon juice, and chill well in an icebox. Serve with cream.

$\frac{1}{2}$  cup chopped walnuts and 2 stiffly beaten egg whites can also be added if a more mousse-like sweet is desired.

### ORANGE FRITTERS

(also pineapple, apple or banana)

Make a batter as shown in Fritot of Chicken (p. 83), peel, core and cut fruit into slices crosswise, dip into batter and fry in hot fat until browned. Sprinkle with sugar.

If liked extra sweet immerse the cooked fritters into a pan of hot honey.

## LEMON SOUFFLÉ

(can be made also with orange, rum, grand marnier,  
chocolate, etc)

4 egg yolks ½ cup sugar  
grated rind and juice of 1 lemon 4 egg whites

Beat yolks until stiff and lemon coloured. Fold in sugar gradually and add lemon juice and rind. Beat egg whites until stiff and cut into the yolk mixture. Put into a buttered dish and bake in a moderate oven for about 20 to 25 minutes.

## ZABAGLIONE

4 egg yolks 2 tablespoons castor sugar  
2 tablespoons Marsala wine

Beat egg yolks with sugar until thick and lemon coloured. Put in a bowl or double boiler over hot, not boiling, water, and beat constantly whilst adding the wine gradually, until the mixture holds its shape. Do not let it cook too long, or form a crust. Pour into individual glasses. Can be eaten warm or iced.

BIEN ME SABE (*a Portuguese sweet*)

4 egg yolks ½ cup castor sugar  
1 coconut ¼ cup water  
sponge cakes 1 tablespoon rum if desired

Punch a hole in the bottom of a coconut and drain off milk. Grate coconut, and heat with its milk in a double boiler for ½ hour. Then squeeze it through muslin. About 1 cup coconut cream should remain. Beat egg yolks until thick and beat in the coconut cream. Melt the sugar with the water for 5 minutes and add slowly to the coconut mixture. Cook over hot, not boiling, water until thickened. If rum is used stir it in slowly. Pour over sponge cakes and allow to cool slowly.

## BAVARIAN CREAM

2 eggs ½ lemon, rind and juice  
1 teaspoon gelatine ½ cup orange juice or white wine  
1 tablespoon cold water ½ cup sugar

Mix lemon juice, grated rind, orange juice or wine, sugar and egg yolks, stir vigorously over a low heat until mixture thickens. Soak gelatine in water, and add to mixture. Then pour over the stiffly beaten egg whites. Set in a pan of iced water and beat until it is thick enough to hold its shape. Chill.

## CHOCOLATE MOUSSE

(also coffee, vanilla, strawberry, etc)

$\frac{1}{2}$ bar unsweetened chocolate	1 cup milk
$\frac{1}{2}$ cup sugar	1 teaspoon gelatine
1 teaspoon vanilla essence	2 cups cream

Scald milk with grated chocolate,  $\frac{1}{2}$  cup sugar and soaked gelatine. Beat until smooth. Add vanilla essence and put into refrigerator tray until mixture thickens. Take out, beat until frothy, then fold in whipped cream to which you have added the remaining sugar. Freeze in refrigerator tray at regular temperature until needed.

## FRUIT TARTS

Put whatever cooked fruit is desired into a flat pie-dish with sugar to taste. Cover with pastry crust as directed for Croustade Case (p. 19), brush with milk or beaten egg and bake for 25 minutes in a moderate oven. Dust with sugar when cooked.

FRENCH PANCAKES (*Crêpes Suzette*)

Cream  $\frac{1}{2}$  cup butter with  $\frac{1}{2}$  cup castor or icing sugar. Add grated rind and juice of 1 orange and 1 tablespoon curaçao. Let mixture stand for at least 1 hour. Then add 1 teaspoon brandy and the grated rind of  $\frac{1}{2}$  lemon. Make a batter with 1 cup flour, 1 cup milk and 2 eggs. Grease pan very slightly with a few drops of oil and pour in a very thin layer of batter. When cooked on one side turn with slice, or toss, and cook the other side. Heat the sauce, add the pancakes and heat slowly. Roll, sprinkle with a little warmed brandy, and light just before serving.

## MRS JARVIS'S MOCHA PUDDING

$\frac{1}{2}$ lb castor sugar	sponge cakes
$\frac{1}{2}$ lb butter or margarine	yolks of 2 eggs
nuts	$\frac{1}{2}$ teacup strong black coffee
cream	

Cream together sugar and butter, then beat in the egg yolks. Stir in the coffee, and beat well. Line a basin with sponge cakes and fill the centre with the mixture. Put more cakes on top, cover, and put a heavy weight over and let stand overnight. Just before it is needed, turn out, cover with whipped cream, and sprinkle burnt chopped nuts over.

## CINNAMON CAKE

1 cup sugar	1 tablespoon mixed spice
1 cup flour	1 cup milk
1 teaspoon baking powder	1 egg
1 tablespoon butter	

Mix all dry ingredients together, add egg and milk, put in a flat pie-dish, coat thickly with brown sugar and cinnamon powder and bake for about  $\frac{1}{2}$  hour in a moderate oven.

## BREADS

*Honey Bread*

2 cups white flour	1 teaspoon ginger
1 teaspoon baking powder	1 egg
1 teaspoon baking soda	1 cup milk
1 teaspoon salt	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ teaspoon cinnamon	

Mix together all dry ingredients. Add the others. Beat vigorously for 15 minutes or longer and pour into a cake or loaf tin. Bake in a moderate oven until browned and cooked. Test by inserting a skewer and seeing that it comes out quite dry. Chopped nuts can be added if desired.

*Irish Bread*

4 cups white flour (or 2 cups white    3 teaspoons baking powder  
and 2 of brown)                            1 teaspoon salt  
1½ cups milk

Mix all dry ingredients together. Then make a hole in the middle and mix in the milk, kneading as quickly as possible. It should be a nice light dough. Shape into round cakes about 8 inches across, dust with flour and bake in a moderate to hot oven for 20 minutes.

Cook as soon as the dough is kneaded, otherwise the baking powder will lose its effect.

*Garlic Bread*

Buy what is called in England a Vienna loaf. Cut into thick slices but do not cut right through. Mix ½ cup butter or margarine with 3 pounded garlic cloves. Spread each slice thickly with this. Squeeze together so that the loaf resumes its normal shape and put in a hot oven for 15 minutes. Serve hot.

*Paprika Bread*

Follow instructions for Garlic Bread, but instead of garlic use 1 teaspoon of paprika powder. Serve hot.

*Pretzel Sticks*

½ lb flour	milk
2 oz butter	salt, pepper
2 whites of eggs	freezing salt or gros sel
1 yolk of egg	

Add the creamed butter to the flour, and the well beaten egg whites, egg yolk, salt and a little pepper. Work into a smooth paste, roll out quickly and cut into thin strips which must be rolled by hand into narrow rolls. Brush the sticks with milk, roll them in coarse freezing salt and bake on a flat baking tin for 10 minutes. This should make about 30 sticks.

## MAKING OF BUTTER

I frequently make my own butter from Jersey milk which I have delivered daily. It is not at all difficult, and tastes quite different from national butter.

Take the cream from the top of 2 pints of milk daily for 4 or 5 days and keep in a screw top bottle. Each day rock, on no account shake, the bottle for about 5 or 10 minutes. After you have the 5 days' supply of cream, rock backwards and forwards for about  $\frac{1}{2}$  hour, or perhaps longer in cold weather. Just as you are giving up the whole thing, the liquid will become strangely white and the butter will appear in the middle. Strain through a strainer, and wash the butter well under cold water. Add salt to taste and it is ready.

## CHEESES

*Cream Cheese with Herbs*

Pour 1 quart of sour milk into a muslin bag and let it hang until the curd is free from whey. Put into a basin, mix thoroughly with some chopped chives, parsley, salt and pepper. A pounded clove of garlic can be added if desired.

*Liptaner Cheese*

Proceed as for cream cheese. Put into a basin, add 1 teaspoon paprika, a few crushed carraway seeds, chopped chives, a pounded garlic clove, salt and pepper. Mix until it is thoroughly creamed. Chill and serve.

## PICKLES

*My Grandmother's Vegetable Marrow Pickle*

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 large marrow            | 2 tablespoons turmeric powder    |
| 2 pints vinegar           | cayenne pepper                   |
| 1 lb lump sugar           | mixed pickling spices (tied in a |
| 1 lb shallots or onions   | muslin bag)                      |
| 1 $\frac{1}{2}$ lb apples |                                  |

Peel and remove seeds from the marrow. Cut into small pieces, sprinkle with salt and leave to stand overnight. Peel, core and

slice the apples and onions, add the drained marrow and boil all ingredients for 20 minutes or until it is tender. When it has finished cooking stir in the turmeric powder. Let it cool a little, then bottle. When cold, cover tightly.

### *Piccalilli*

1 large cauliflower	$\frac{1}{2}$ lb green tomatoes
1 lb small onions or shallots	celery
1 bottle gherkins	3 pints vinegar
pickling spices	$1\frac{1}{2}$ tablespoons turmeric powder
3 oz dry mustard	$1\frac{1}{2}$ tablespoons curry powder
1 lb French beans	

Clean and cut all vegetables into convenient pieces and throw them all into boiling brine for 3 minutes. Drain and dry, in the sun if possible. Boil up the vinegar with the pickling spices, turmeric and curry powder. Then mix the dry mustard with a little cold vinegar and add to the spiced vinegar, but do not reboil. Put the mixed vegetables into jars, cover them completely with the liquid and when cold, cover tightly.

### *Pickled Walnuts* (my grandmother's recipe)

The walnuts should be picked before July 15, otherwise they will be too woody. Prick them with a fork and put in brine to cover for 5 or 6 days. Turn them about during that time. Then drain, and put out in the sun to dry for 2 or 3 days. They will be quite black when they are ready. Heat the vinegar with a good handful of pickling spices, put the walnuts into jars and when the spiced vinegar is cool pour the vinegar over to cover them. Leave for at least a month before eating. The longer they are left the better they will be.

### TO PRESERVE RUNNER BEANS

String and slice them in the usual manner. Put a layer in a wide-topped jar and sprinkle profusely with cooking or freezing salt. Repeat this until the jar is full. Cover and leave for several months. For re-use, drain off the brine and soak overnight.





# INDEX

## A

- Aioli sauce, 113
- Amiral sauce, 113
- Apple, fritters, 127
  - sauce, 113
  - stuffing, 80
- Artichokes, Globe, 93
  - boiled, 93
  - braised, 93
  - Jerusalem, 93
- Asparagus, boiled, 93
  - bonne femme, 94
- Aspic jelly, to prepare, 3
- Aubergines, see Eggplant
- Avocado pear, with chicken, 18
  - crab, 18
  - shrimps, 18
  - tuna fish, 18

## B

- Bâtarde sauce, 113
- Batter, to make, 83
- Bavarian cream, 128
- Beans, Boston baked, 68
  - broad, with savoury, 94
    - Paysanne, 95
  - Cassoulet, 61
  - maitre d'hôtel, 94
  - and meat rolls, 47
  - and parsley sauce, 95
  - Runner, to preserve, 133
- Béarnaise sauce, 114
- Béchamel sauce, 114
- Beef, Argentinian, 55
  - and bacon rolls, 54
  - Bonnefoy, 52
  - braised in wine, 52
  - en daube, 53
  - fillets of, with egg, anchovy
    - [and herbs, 54
  - fillets of, with olives, 53
  - flank, pressed, 56
  - goulash, 57
  - pot-roasted, 54
  - to salt, 51
  - Sarmalas, 58
  - Stroganoff, 55
- Beetroot, baked with sour cream, 95

- Beetroot, consommé, iced, 8
- Beurre manié, 115
- Beurre noir sauce, 114
- Bien me sabe, 128
- Bordelaise sauce, 115
- Bortsch, 6
- Brains, au beurre noir, 74
  - à la Yorke, 73
- Breads, garlic, 131
  - honey, 130
  - Irish, 131
  - paprika, 131
- Broccoli, 95
- Brussels sprouts, with celery, 96
  - chestnuts, 96
- Buocconcine, 72
- Butter, anchovy, 115
  - bercy, 115
  - colbert, 115
  - maitre d'hôtel, 115
  - ravigote, 115
  - shrimp, 115
  - to make, 132

## C

- Cabbage, braised, 96
  - in butter, 97
  - slaw, hot, 97
  - smothered, 96
  - red, Alsatian, 97
  - red, with apples, 97
- Capercaillie, roast, 86
- Carrots, braised with bacon, 98
  - candied, 98
  - with cream, 99
  - German, 98
  - mint glazed with peas, 98
- Cassoulet, 68
- Cauliflower, with cream sauce and
  - [walnuts, 100
  - fritters, 99
  - au gratin, 99
- Celeriac, fritters, 99
- Celery, braised, 100
  - pickled, 100
- Cheese, cream, to make, with herbs,
  - [132
  - Liptaner, to make,
    - [132

Cheese, Romney's savoury, 21  
 sauce, 116  
 soufflé, 13

Chicken, à l'Ancienne, 80  
 biriani, *see* prawn biriani  
 boiled, Chinese style, 44  
 braised (Coq au Vin), 81  
 chop suey, 44  
 chow min, 44  
 contadini, 81  
 croustade, 19  
 fritot, 83  
 Marengo, 83  
 Mexican, 82  
 paprika, 82  
 roast with sour cream, 81  
 roast with wine sauce, 79  
 sweet and sour, 82  
 Turkish, 84

Chicken livers, with mushrooms, 45  
 and lemon sauce,  
 [118]

Chile con carne, 56  
 Chinese rolls, fried, 21  
 Cider sauce, 116  
 Cinnamon cake, 130  
 Clam chowder, 10  
 Cod, baked and stuffed, 30  
 • creamed with egg and sultana  
 [sauce, 29]

Consommé, to prepare, 3  
 beetroot, iced, 8

Corn, on the cob, 101  
 fritters, 101  
 Succotash, 101

Corned beef, *see* Meat, to salt, 51  
 hash, 23

Court bouillon, 27

Crab, bisque, 10  
 cakes, 29  
 devilled, 29

Creole sauce, 116  
 soup, 6

Crêpes Parysis, 16  
 Crêpes Suzette, 129  
 Crôques Monsieur, 16

Croustade, of bacon, 19  
 chicken, 19  
 ham, 19  
 veal, 19

Cucumber, salad, 101  
 sauce, 116  
 cream of, soup, 8

Currant mint sauce, 117  
 Curry sauce, 15  
 biriani, 34

## D

Duck, bigarade, 84  
 braised, 85  
 with red cabbage, *see* Pigeons  
 [with Red Cabbage  
 stuffed with rice and orange,  
 [85]

## E

Eggs, au beurre noir, 14  
 Chinese, 47  
 curried, 15  
 devilled, 15  
 stuffed, with anchovy, 15  
 chicken, 15  
 ham, 15  
 en gelée, 15

Eggplant, baked, 102  
 creole, 102

E-cabèches, 28

Espagnole sauce, 117

## F

Fish, to bake, 28, 30  
 to barbecue, 28  
 to buy, 27  
 chowder, 9  
 to clean, 27  
 to skin, 27

Fritters, apple, 127  
 banana, 127  
 corn, 101  
 cauliflower, 99  
 orange, 127  
 parsnip, 105  
 pineapple, 127  
 potato, 108

## G

Galantine, of veal, 73  
 Gnocchis, 17

Gooseberry sauce, 117

Goulash, 57

Gribiche sauce, 118

Guinea fowl, braised, with wine, 81  
roast with wine and  
[garlic sauce, 79]

## H

Haddock, to bake, 30  
with egg and sultana sauce,  
[29]

au vin blanc, 30

Hake, baked and stuffed, 30

with egg and sultana sauce, 29

Halibut, baked and stuffed, 30

creole, 31

Swedish baked, 31

Ham, to bake, 69

to boil, 69

to boil in cider, 69

chop suey, 44

chow min, 44

croustade, 19

mousse, 21

roll, 70

Hare, to bake, 86

jugged, 87

Herrings, baked and stuffed, 30

grilled, 31

pickled, 31

Hollandaise sauce, 118

Horseradish sauce, 118

## J

Japanese lobster omelette, 13

## K

Kedgeree, 17

## L

Lamb, à la bordelaise, 62  
breast of, grilled with herb  
[sauce, 61]

breast of, stuffed, 61

chops, festival, 60

chops, en papillote, 59

Lamb, chops, stuffed, 60  
with currant mint sauce, 62  
French Irish stew, 63  
Hungarian, 63  
and rice casserole, 64  
Shashlick, 60  
and cucumbers, *see* Veal and  
[Cucumbers

Leeks, cold with French dressing,  
[102]

Normande, 102

Lentils, black, soup, 4

Lettuce, with melted butter, 103  
wilted, 102

Liver, and mushroom casserole, 64  
Smitane, 64

Lobster, chop suey, 44

chow min, 32

farcis, 32

à la Newburg, 33

soup with potato, 7

Spanish, casserole, 32

## M

Macaroni, Sicilianæ, 22

Mackerel, baked and stuffed, 30  
as cooked in Brittany, 33  
baked with gooseberry  
[sauce, 34]

pickled, 31

Marrow, pickle, 132  
ratatouille, 103  
stuffed, 19

Mayonnaise, 119

red, 119

verte, 119

Meat, keeping of, 51

roasting of, 51

salting of, 51

Mocha, Mrs. Jarvis's pudding, 130

Mousse, chocolate, 129

coffee, 129

ham, 21

strawberry, 129

vanilla, 129

Mullet, baked and stuffed, 30

pickled, 31

Mushrooms, braised in wine, 103  
dried, soup of, 5  
to preserve, 103  
purée, 103

Mussels, *marinière*, 34  
 Mustard sauce, 119  
 Mutton, Hungarian, 63  
     South African, 63

## N

Noodles, crispy fried, 45  
     to make, 45

## O

Omelettes, Japanese lobster, 13  
     Savoy, 14  
 Onions, baked in their jackets, 104  
     braised, 104  
     rings fried in batter, 104  
     Soubise, 122  
     French, soup, 4  
 Orange, fritters, 127  
     sauce, 119  
 Oxtail, braised, 57  
     braised with kidney, 57  
 Oyster chowder, *see* Clam Chowder

## P

Pancakes, 16  
     French, 129  
 Parsley sauce, 120  
 Parsnips, candied, 104  
     fritters, 105  
     sautéed, 104  
 Partridge, roast, 86  
     with red cabbage, *see*  
     [Pigeon with Red Cabbage]  
 Peas, Française, 105  
     au lard, 105  
     dried green, soup, 5  
 Pease pudding, Irish, 105  
 Pepper pot soup, 9  
 Peppers, green, stuffed, 18  
 Pheasant, roast, 86  
 Pickles, piccalilli, 133  
     vegetable marrow, 132  
     walnuts, 133  
 Pigeon, with red cabbage, 85  
     with olives, 86  
 Pike, baked and stuffed, 30  
 Piquante sauce, 120

Pirozhkis, 23  
 Plaice, amiral, 35  
     au vin blanc, 30  
     *see* Sole  
 Pork, and beans, 67  
     with black cherries, 66  
     with celery, *see* Veal and  
     [Cucumber  
     with chestnuts casserolled, 67  
     Chinese, 46  
     chops, Hungarian, 66  
     Mexican, 65  
     stuffed, 65  
     and mushroom soup, 7  
     paté of, 67  
     roast with apples and sul-  
     tanais, 66  
     spareribs and sauerkraut, 68  
     sweet and sour, 46  
 Portuguese sauce, 120  
 Potatoes, Anna, 106  
     baked, aioli, 105  
     baked and stuffed, 106  
     Boulangère, 107  
     cakes, 108  
     Dauphinoise, 107  
     Duchesse, 106  
     gnocchis, 17  
     Hungarian, 107  
     new, sautéed in butter,  
     [108]

O'Brien, 107  
 pancakes, 108  
 purée of, 106  
 salad, 108  
 soup with lobster, 7  
 Prawn, biriani, 34  
 Pretzels, 131  
 Prune, Norwegian pudding, 127  
 Parmigan, roast, 86  
 Pumpkin, and cinnamon soup, 7

## R

Rabbit, baked, 89  
     curried, 89  
     German, 87  
     paprika, 88  
     and pork pie, 88  
     Normandy, 88  
     sweet and sour, 88  
     à la turque, 88

Raie, au beurre noir, 35  
 Rice, to boil, 16  
     fried, 48  
         with bacon, 20  
         chicken, 20  
         game, 20  
         mushrooms and  
             [ham, 20  
         and mushrooms, 47  
 Ravigote sauce, 120  
     butter, *see* Butters  
 Roquefort, salad dressing, 121

## S

Salmon, baked, 39  
     to boil, 39  
     with cheese and capers, 39  
     grilled, 39  
     moulded, with cucumber  
         [sauce, 17  
 Salad dressing, 121  
     with cream, 121  
     roquefort, 121  
 Santayana's garlic soup, 8  
 Sardines with rice, 38  
 Savoy omelette, 14  
 Scallops, au gratin, 38  
     and mushroom pie, 38  
 Seakale, 109  
 Shrimp, Bisque, 10  
     butterfly, 36  
     à la Newburg, 35  
     sauce, 121  
 Skate, *see* Raie  
 Smitane sauce, 121  
 Solatia sauce, 122  
 Sole, cooked in cider, 37  
     with incisions of mushrooms,  
         [37  
     with shrimp sauce, 37  
     with scallop and mushroom  
         [sauce, 36  
     au vin blanc, 30  
     in white wine with olives, 36  
 Soubise sauce, 122  
 Soufflés, cheese, 13  
     chocolate, 128  
     grand marnier, 128  
     lemon, 128  
     orange, 128  
     rum, 128

Spaghetti, Carbonara, 22  
     Turinese, 22  
     sauce, 122  
 Spanish eggs with spinach, 13  
 Spanish sauce, *see* Espagnole  
 Spinach, boiled, 109  
     puréed, 109  
 Stock, 3  
 Stuffings, apple, 80  
     chestnut, 80  
     for goose or duck, 80  
     mushroom, 80  
     sausage, 79  
     sour cream and mush-  
         [rooms, 79  
 Succotash, 101  
 Sweetbreads, Dubarry, 74  
     fried, 75  
     Napolitaine, 75  
 Sweet and sour sauce, 46

## T

Tartare sauce, 123  
 Tarts, fruit, 129  
 Tomatoes, curried, green, 110  
     and rice soup, 5  
     salad, 109  
     sauce, 123  
 Tongue, baked, 58  
     boiled, 59  
     Polish, 58  
 Tripe, Lyonnaise, 75  
     à la mode de Caen, 76  
 Trout, to grill, 40  
     cooked in wine, 40  
 Tuna fish, with avocado pear, 18  
     with cucumber and  
         [celery, 18  
     grilled with rice, 18  
     loaf with cheese, 18  
 Turnips, pickled, 110  
     *see* Carrots and Parsnips

## V

Veal, breast of, braised, 73  
     *see* Chinese Pork  
     with cucumber or celery, 46  
     cutlets with marsala, 72

Veal, cutlets, with wine and sour  
[cream, 71

galantine of, 73

harlequin, 72

with olives in béchamel sauce,

[70

roast, with vinaigrette sauce,

[70

Wiener Schnitzel, 71

Vegetable, choïf sucy, 44

Vegetable marrow, *see* Marrow

Vichyssoise soup, 6

Vinaigrette sauce, 123

## W

Walnuts, to pickle, 133

Whiting, baked and stuffed, 30

Wiener Schnitzel, 71

## Z

Zabaglione, 128